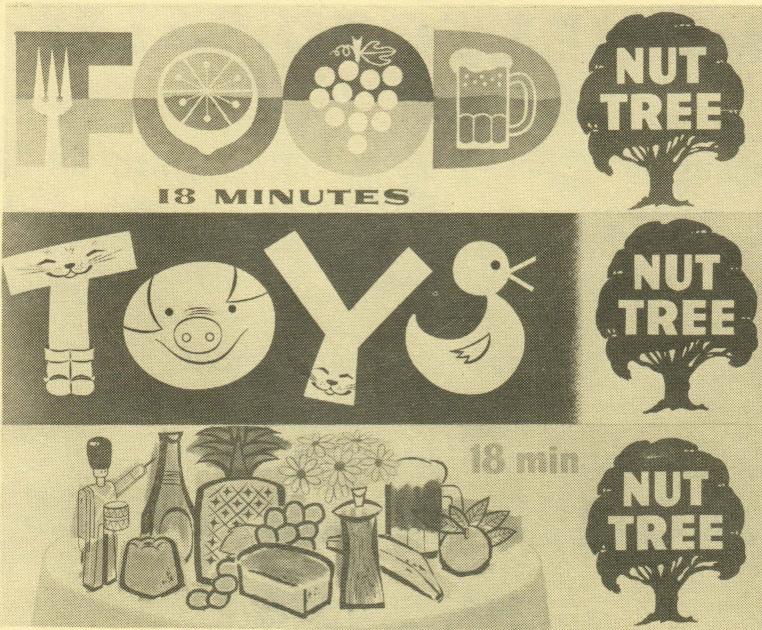


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DEDICATION

THIS BOOK IS DEDICATED TO THE MODERN HOME. IN OUR HOME TODAY, AS ALWAYS, LIFE IS CENTERED AROUND OUR KITCHENS. IT IS WITH THIS THOUGHT IN MIND THAT WE, THE SPONSORS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES. SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE OF GOOD COOKING THAT IS SO VERY STRONG IN THIS COUNTRY OF OURS.

EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE MERCHANTS WHOSE GENEROUS COOPERATION IN THIS PROJECT MADE IT POSSIBLE FOR US TO PUBLISH THIS BOOK.

WE ALSO WANT TO THANK ALL THOSE PEOPLE WHO GAVE SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECTING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE. WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN POSSIBLE.

THE RECIPES IN THIS BOOK MAY NOT HAVE BEEN LABORATORY TESTED, BUT THEIR MERIT HAS BEEN ESTABLISHED BY CHURCH AND CIVIC GROUPS AND THE MOST CRITICAL GROUP OF ALL -- HUSBANDS !

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Relishes,



JELLIES,

Everytime a jar is opened,
for my family's repast,
I shall serve, quite as an extra,
memories of the summer past.

Pickles

CANNING

When making jelly and jam hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Add two tablespoons vinegar when canning strawberries, this will retain the red color of the berries.

You can make jelly much clearer and more attractive looking by straining the fruit and juice through a flour sifter. It saves a lot of time and effort too.

To prevent jam from burning, rub the bottom of preserving pan with a little oil. It prevents burning.

To keep dill pickles crisp, add a teaspoon of alum to the liquid when pickles are canned.

Use only sack salt for pickles and kraut because other salt has been treated, thus will soften, discolor, and give unpleasant taste.

To keep pickles from shriveling add one heaping tablespoon of alum to first salt water.

How To Prevent Mold in Jelly: If circles of tissue paper the size of the tops of jelly glasses are dipped in vinegar and placed on top of jelly or jam they will not mold.

Do not peel pears for canning, scald as you do tomatoes and the skins will slip off.

If you wash strawberries thoroughly before stemming there will be no waste and your berries will stay firm.

When canning tomatoes, put onions and peppers in with them. This is grand with rice or macaroni and it is all ready to use.

When preparing pears or peaches for canning add a teaspoon salt to the water in which they stand to prevent them from turning brown.

New Preserving Method: If you are interested in "extra-special" preserves, freeze the fresh fruit in season and make it into preserves as you need it. Laboratory tests at the Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

RELISHES, JELLIES, PICKLES

LEMON MARMALADE

4 c. thinly sliced lemons	10 c. (4 1/2 lb.) sugar
3 qt. water	

Combine lemons and water in large kettle and bring to boil. Boil 20 minutes. Drain off water, measure and add enough water to make 3 quarts. Return to kettle with lemons, add sugar and boil until mixture sheets from spoon. Seal at once in sterilized jars. Makes about 9 (1/2 pint) jars.

Variations:

- (1) Substitute part sliced limes for some of lemon.
- (2) To spice lemon marmalade, add: (with the sugar and proceed as above):

2 tsp. cinnamon	1 tsp. ground cloves
-----------------	----------------------

Martha Orr
Vacaville, Calif.

FRESNO FIG JAM

4 c. sliced black figs	4 Tbsp. lemon juice
4 c. sugar	1 orange

Put unpeeled orange through food grinder using small blade. Add all ingredients to figs. Heat slowly to boiling, stirring constantly. Boil until desired thickness. Pour into jars and seal.

Mrs. Leland G. Emigh

DILL GREEN TOMATO PICKLES

green tomatoes	2 qt. water
celery stalks	1 qt. vinegar
sweet green peppers	1 c. salt
garlic	dill to taste

Use small green tomatoes, cut or whole. (I prefer green cherry tomatoes picked with stem end left on). Fill sterilized jars with tomatoes, bud of garlic, 1 stalk of celery and 1 green pepper, cut in fourths. Make a brine of water, vinegar, salt and dill. Boil for 5 minutes. Pour hot brine over contents in jar and seal. Needs no cooking. Ready for use in 4 to 6 weeks.

Mrs. Rudy Werner
Vacaville, Calif.

RHUBARB JAM

7 c. rhubarb
5 c. sugar

1 lb. orange candy slices

Boil rhubarb and sugar for 8 to 10 minutes. Add orange candy slices. Boil 3 minutes and pour into glasses.

Arleen McConnell

BELL PEPPER JELLY

2 c. ground bell peppers
1 1/2 c. cider vinegar

7 c. white sugar

Mix ingredients as listed. Stir and boil one minute. Remove from fire and add 1 bottle of Certo and a few drops of green food coloring. When quite cool, stir and pour into jars. Seal with wax. This is an excellent jelly to serve with meat, fowl or fish. Much better than mint jelly.

Mrs. Thomas Beale

GREEN TOMATO PICKLES

1 gal. sliced green tomatoes	1 Tbsp. mustard (powdered)
6 onions, sliced	1 Tbsp. ground black pepper
1 qt. vinegar	1 1/2 tsp. allspice
2 c. sugar	1 1/2 tsp. cloves
1 Tbsp. salt	few pieces stick cinnamon

Mix all together, stew until tender, stirring often with wooden spoon. Put in glass jars and seal. Excellent with meat, fish or beans. A must with fat meat.

Julia E. Harbison
Vacaville, Calif.

PICKLED BEANS

1 can kidney beans, drained
1 can baby limas, drained
1 can green beans, drained

1 can wax beans, drained
1 can garbanzos, drained

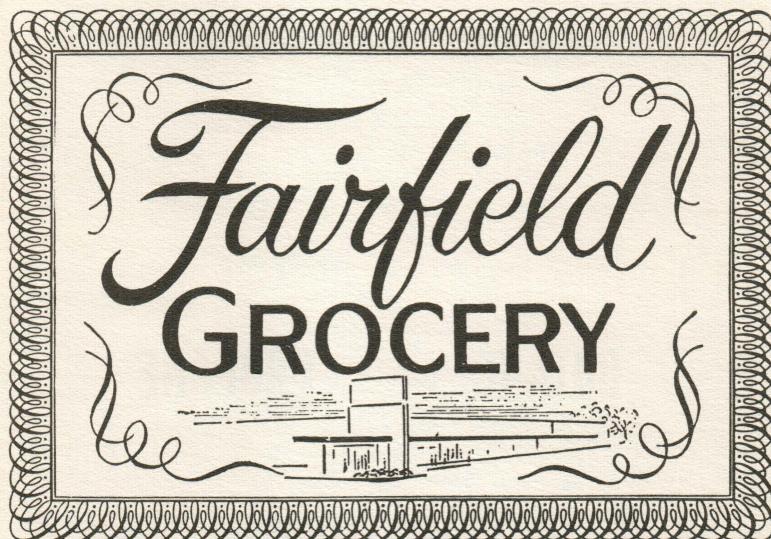
Dressing:

1/3 c. oil	1 tsp. pepper
2/3 c. vinegar	1/2 c. red onion, chopped
3/4 c. sugar	1/4 c. bell pepper, chopped
1 tsp. salt	

Place all drained beans in a large bowl and marinate with

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PICKLED BEANS (Continued)

Dressing. Better if it stands awhile before using. Wonderful for a gang!

Claire R. Kilkenny
Dixon, Calif.

MOM'S TOMATO AND APPLE RELISH

6 large apples (green)
6 tomatoes
2 1/2 c. sugar

8 whole cloves
dash of cinnamon

Peel and cut apples (as for applesauce) and peel and cut up tomatoes. Put contents in saucepan and cook like applesauce, stirring occasionally to keep from sticking. Keep fire low. Cook until thick. To be used with turkey, for those who do not care for cranberry sauce.

Kathryn F. Jemison

COMPANY BEST PICKLES

8 c. sugar 5 tsp. salt
2 Tbsp. mixed pickling spices 4 c. cider vinegar
10 medium cucumbers

Cover cucumbers (whole) with boiling water. Allow to stand overnight. Repeat on next 3 mornings. On 5th day, drain and slice in 1/2 inch pieces. Combine remaining ingredients and bring to a boil and pour over drained cucumbers. Let stand 2 days. On 3rd day, bring to boiling and seal in hot sterilized jars. (7 pints).

Carley Stewart

PEACH AND ORANGE MARMALADE

12 large cling peaches 3 oranges

Grind the peeled peaches and the whole oranges, cut in quarters, in the food chopper. Add an equal amount of sugar and cook for about 40 minutes, or until thick and amber colored. Stir often as this scorches easily. Put in sterilized jars and seal hot.

Mrs. Thomas Bayley

SWEET DILL PICKLES

Buy 2 quarts of whole dill pickles at the store. Cut pickles in long strips - about 6 strips to a pickle. Put in colander to drain off juice. When drained, put in following syrup for 24 hours before serving. Will keep indefinitely.

SWEET DILL PICKLES (Continued)

2 c. sugar	1/2 Tbsp. celery seed
1 c. water	1 Tbsp. whole mustard seed
1/4 c. cider vinegar	8 to 10 dried chili peppers
1/4 c. white pickling vinegar	

Boil together sugar, water, vinegar and spices for 10 minutes. Add sliced pickles to hot syrup and let stand until ready to use. This should serve 25 people.

Florence Schraps
Vacaville, Calif.

PEACH MARMALADE

8 large peaches (clings may be used)	1 small can crushed pineapple pound for pound of sugar
2 medium sized oranges	

Put peaches and unpeeled oranges through food grinder. Mix all together and cook for about 1 hour, stirring often. Pour into sterilized jars and seal.

Mrs. Leland Emigh

EASY & DELICIOUS ORANGE MARMALADE

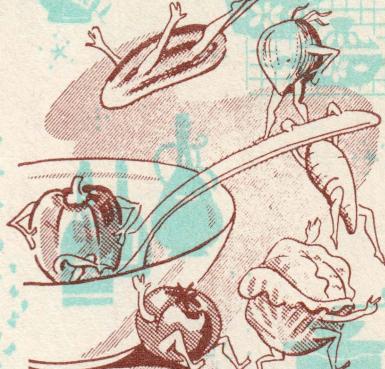
1 huge thick-skinned orange	sugar
1 thick-skinned lemon	water

Quarter and remove white core from orange and lemon; slice as thin as possible. Add 9 cups of water. Bring to a boil and boil 10 minutes only. Cover and set aside. Repeat this step the next day. (Bring to boil for 10 minutes only; cover and set aside). The third day, measure it and add equal cups of sugar. Bring to a full boil for 30 minutes and put in jars. Makes about 7 small jars.

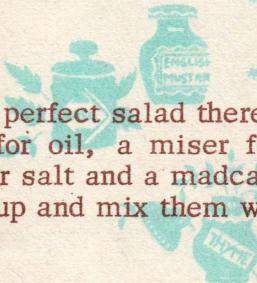
Mrs. Robert H. Anderson

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

SOUPS



SALADS



"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a madcap to stir the ingredients up and mix them well together."

QUANTITY COOKING

	25	100		25	100
Beef and veal (roasted)	10 lbs.	40 lbs.	Ham (roasted)	10 lbs.	30 lbs.
Beans, baked (canned)	1 No. 10	4 No. 10	Ice Cream	3 quarts	3 gals.
(dried)	2 1/4 lbs. navy beans	11 lbs.	Jam or preserves	1 1/2 pints	3 quarts
Beans, string (fresh)	5 lbs.	18 lbs.	Lettuce (large heads for salad cups)	4 heads	12 heads
(frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.	Loaf sugar	1/2 lb.	2 lbs.
(canned)	1 No. 10	4 No. 10	Meat Loaf	5 lbs.	18 lbs.
Beets (fresh)	5 lbs.	20 lbs.	Pork rib roast	10 lbs.	36 lbs.
(canned)	1 No. 10	4 No. 10	Pork chops and veal cutlets	9 lbs.	30 lbs.
Butter (in squares)	1/2 lb.	2 lbs.	Peas (fresh)	18 lbs.	70 lbs.
Cabbage (shredded for salad)	5 lbs.	20 lbs.	(frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Carrots (cooked)	6 lbs.	24 lbs.	Potatoes (mashed)	9 lbs.	35 lbs.
Cocktail	3/4 gal.	3 gals.	(for scalloping)	7 1/2 lbs.	25 lbs.
Coffee	1/2 to 3/4 lb.	2 to 2 1/2 lbs.	Potatoes (for salad)	1/2 pk.	1/2 bu.
Corn (canned)	3 No. 2	2 No. 10	Rolls	4 doz.	16 doz.
(frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.	Salad dressing (any kind)	1 pint	2 quarts
Crackers	1 1/2 lbs.	6 lbs.	Soup	1 1/2 gals.	6 gals.
Cream for coffee	1 1/2 pints	6 pints	Sweet Potatoes (canned)	1 No. 10	4 No. 10
Cream for whipping	1 pint	1/4 gal.	Sweet Potatoes (fresh, served candied)	7 lbs.	24 lbs.
Fowl (creamed or in salad)	8 lbs.	32 lbs.	Tomatoes (scalloped)	1 No. 10	4 No. 10
Fowl (roasted)	16 lbs.	60 lbs.			

SOUPS, SALADS

NORMARK'S LENTIL SOUP (From Sunset Magazine)

2 c. lentils	1/4 tsp. oregano
6 c. water	1 large clove garlic
1/2 lb. salt pork, in 1/2 inch cubes	piece of pepperoni sausage, about 6 inches long, cut into paper thin slices
1 big onion, diced	
1 or 2 bay leaves	

Fry salt pork crisp and brown, then pour off all but 3 or 4 tablespoons of fat. Add onion and fry golden brown. Add all other ingredients and simmer about 2 hours, or until lentils are tender. Serve hot. This can be a full meal if you add fruit salad, crusty bread and butter, and coffee. Serves 6.

Anne Harris

HAMBURGER SOUP

1/2 lb. hamburger	1 1/2 c. cabbage
1 qt. solid tomatoes	1 medium onion, cut in rings
2 qt. water	1/3 c. raw rice
1 c. diced carrots	salt and pepper
1 c. diced celery	1 c. diced potatoes

Brown the hamburger and add all ingredients except potatoes and cook slowly for about 2 hours. Just before the soup is done, add the diced potatoes.

Mrs. Calvin Winkler

POTATO SALAD WITH CRAB

8 to 10 medium boiled potatoes	2 Tbsp. chopped chives
4 hard boiled Vaca Valley eggs	salt, pepper and paprika to taste
1 or 2 cans crab (King)	2 Tbsp. chopped parsley
	mayonnaise
	1 c. diced celery

Garnish top with 1 chopped Vaca Valley egg and a little parsley.

Mrs. Gina Kinnaman

MOLDED FISH SALAD

1 Tbsp. plain gelatin	1 Tbsp. sugar
1/4 c. cold water	1 tsp. salt
1 c. hot water	2 Tbsp. lemon juice

MOLDED FISH SALAD (Continued)

2 Tbsp. vinegar (white)	1 1/2 c. flaked salmon or other
1 tsp. onion juice	fish
1/2 c. mayonnaise	1/2 c. finely diced celery

(Variations: Substitute 2 or 3 hard cooked Vaca Valley eggs for 1/2 cup of fish).

Soften gelatin in cold water 5 minutes; dissolve in hot water. Add sugar, salt, lemon juice, vinegar and onion juice. Chill. When mixture is slightly thickened, fold in remaining ingredients. Pour into mold that has been rinsed in cold water. Chill until firm. Unmold on crisp salad greens.

Mrs. Walter Brehme
Vacaville, Calif.

GERMAN POTATO SALAD

Cook 4 pounds of potatoes (with jackets). Fry 1/2 pound of bacon crisp.

2/3 c. vinegar	flour to thicken
1/3 c. water	more water, if necessary
2 large tsp. sugar	2 bunches green onions

Peel potatoes and cube. Place crisp bacon on towel. In all fat, add the vinegar, water, sugar and flour to thicken. Chop bacon and green onions. Add to fat with cubed peeled potatoes. Keep on top of stove to keep warm until served.

Elizabeth Averill
Dixon, Calif.

RASPBERRY PEAR SALAD

1 No. 303 can pear halves	2 Tbsp. fresh lemon juice
1 (3 oz.) pkg. raspberry gelatin	1 (9 oz.) pkg. frozen raspberries, thawed
1/3 c. California port wine	salad greens

Drain syrup from pears into measuring cup. Add water, if necessary, to make 3/4 cup liquid. Heat, then dissolve gelatin in it. Stir in wine and lemon juice. Cool to room temperature; blend in raspberries and their syrup. Cool until slightly thickened. Dice or slice pears and fold into gelatin. Chill until firm. Unmold onto crisp salad greens. Serves six.

Mrs. Robert M. Davidson
Dixon, Calif.

SHRIMP SALAD

1 pkg. lemon jello
1 c. boiling water
1/2 c. cold water
1 tsp. lemon juice
1/4 c. tomato catsup

few grains cayenne
1/4 tsp. salt
raw carrots (grated)
raw celery (diced)
1 can shrimp

Margaret Beelard
Vacaville, Calif.

CHERRY-OLIVE SALAD

1 pkg. cherry jello
1 c. cherry juice and water
1 (1 lb.) jar Bing cherries, chopped (or 2 small cans)

Dissolve jello in hot water; add cherry juice and chill. When mixture is slightly thickened, fold in chopped seeded cherries, olives and pecans. Turn into a wet mold and chill until firm. Unmold on crisp lettuce, and if desired, serve with mayonnaise.

Mrs. Robert W. Dittmer

APRICOT NECTAR SALAD MOLD

1 pkg. lemon jello
1 pkg. orange jello
2 c. hot water

2 c. apricot nectar
1 c. sliced bananas

Mold and serve 10 or 12. When beginning to thicken, add sliced bananas. Or for a change, add melon or cantaloupe balls.
Mrs. Robert H. Anderson (Sue)

SPICY PEACH-CRANBERRY RING

1 No. 2 1/2 can cling peach halves
1 tsp. whole cloves
1 (3 inch) stick cinnamon
1/4 c. vinegar
1 pkg. lemon flavored gelatin

1 c. fresh cranberries
1/2 medium orange, unpeeled
1/3 c. granulated sugar
1 3/4 c. hot water
1 pkg. cherry flavored gelatin

Drain peaches; to syrup, add enough water to make 1 3/4 cups. Add spices and vinegar; simmer 10 minutes. Add peaches; heat slowly 5 minutes. Remove peaches from syrup. Place, with cut side up, in 2 quart ring mold. Strain syrup; measure; if needed, add hot water to make 1 2/3 cups. Add to lemon flavored gelatin, stirring until dissolved; pour over peaches. Chill until firm. Meanwhile, put cranberries and orange through medium

SPICY PEACH-CRANBERRY RING (Continued)

blade of food chopper. Stir in sugar; set aside. Add hot water to cherry flavored gelatin, stirring until dissolved; cool. Stir in cranberry mixture. Pour over peach layer. Chill until firm. Unmold; fill center with crisp greens.

Mrs. G. W. Pangburn
Suisun

FRUIT SALAD

3 pkg. orange jello	3 small cans Mandarin oranges, drained
3 c. boiling water	
1 c. Vaca Valley orange juice	1/2 c. grated carrot 1/4 to 1/2 c. Cointreau
1 No. 2 can crushed pineapple (including juice)	

Dressing:

1 c. Vaca Valley sour cream	1/2 tsp. salt
2 Tbsp. white vinegar	1 tsp. grated orange rind 2 Tbsp. sugar

Serves 15 or 16.

Bernice Brown
Dixon, Calif.

LIME LAYER SALAD

1 pkg. lime jello	1/2 c. orange sections (or canned Mandarin oranges)
1/4 tsp. salt	
1 c. hot water	1/4 c. diced celery
1 c. cold water	1 pkg. (3 oz.) Philadelphia cream
1 Tbsp. lemon juice	cheese, softened

Dissolve jello and salt in hot water. Add cold water and lemon juice. Chill 1 cup of the jello until slightly thickened, fold in oranges and celery. Pour into 1 quart mold or 5 individual molds and chill until almost firm. Add softened cream cheese to remaining jello and beat until smooth. Chill until slightly thickened, pour over the layer in the mold. Chill until firm and unmold on crisp lettuce. Serves 5.

Bobbe Lewis

MOLDED FRUIT SALAD

1 large can fruit cocktail	2 pkg. orange jello
2 cans Mandarin oranges	grated rind of orange

MOLDED FRUIT SALAD (Continued)

Pour 2 cups hot water over jello. Add 2 cups juice from fruit. Partially set jello and add orange rind.

Cream Cheese Topping:

1/2 pkg. lemon jello	1 small pkg. cream cheese
1 c. hot water	1 c. Miracle Whip dressing

While jello mixture is warm, crumble in cream cheese, mix well - cool. Add mayonnaise; mix well. Spread on top of fruit salad which is well set. Refrigerate until topping is set.

Jean L. Oxee

CRANBERRY RING

1 qt. cranberries (or 1 pkg.)	15 marshmallows
1 c. water	1 c. chopped apple
2 c. sugar	1 c. chopped celery
1 pkg. lemon jello	1 c. chopped walnuts

Cook cranberries in sugar and water until they stop popping. Remove from stove and add lemon jello and marshmallows. Stir until dissolved. When cool, add celery, apple and walnuts. Put in ring or mold and chill until firm.

Betty Balmer

MOLDED CRANBERRY RING

2 c. ground fresh cranberries	2 c. pineapple syrup
2 c. sugar	2 c. crushed pineapple, well drained
2 pkg. red jello (any flavor)	2 c. chopped celery
2 c. hot water	1 c. broken walnut meats

Combine ground cranberries and sugar. Dissolve jello in hot water, add pineapple syrup. Chill until partially set. Add cranberries, pineapple, walnuts and celery. Chill in 1 1/2 quart ring mold until firm. Unmold on crisp lettuce. This is a basic recipe - nuts may be eliminated - fruit cocktail may be substituted for the pineapple.

For luncheon or buffet - fill center with chicken or turkey salad. Pass mayonnaise. Or, place a small dish of mayonnaise in center ringed by lettuce.

Mrs. Thomas Bayley

ROSY FRUIT MEDLEY

1 California cantaloupe	1/2 tsp. salt
1 (10 oz.) pkg. frozen raspberries	1/4 tsp. lemon rind
2 (3 oz.) pkg. raspberry gelatin	2 Tbsp. fresh lemon juice
2 c. hot water	1 (7 oz.) bottle ginger ale 1 banana

Cut cantaloupe in half. Remove seeds. Using a French ball cutter, make melon balls. Thaw raspberries and drain. Reserve all syrup. Dissolve gelatin in hot water. Stir in raspberry juice. Cool - pour ginger ale slowly down side of bowl so bubbles will not be lost. Stir in gently. Chill until mixture thickens. Slice banana. Fold cantaloupe balls and raspberries and banana in gelatin mixture and turn into a 1 1/2 quart mold. Serves 6.

Marjorie Root

CAULIFLOWER SALAD

2 c. thinly sliced raw cauliflower	1/3 c. finely chopped green pepper
1/2 c. chopped pitted ripe olives	1/4 c. chopped pimiento 3 Tbsp. chopped onion
	4 lettuce leaves

Dressing:

1 1/2 Tbsp. lemon juice	1 tsp. salt
1 1/2 Tbsp. wine vinegar	dash pepper
4 1/2 Tbsp. salad oil	1/4 tsp. sugar

In medium bowl combine cauliflower, olives, green pepper, pimiento and onion. In small bowl with rotary beater, blend dressing ingredients. Pour dressing over cauliflower mixture and marinate in refrigerator 1 hour. Serve on lettuce leaves. Makes 4 servings.

Corinne Khamashtha

ROQUEFORT AND TOMATO ASPIC RING

2 Tbsp. gelatin	2 thick slices onion
4 Tbsp. cold water	2 bay leaves
1 c. boiling water	4 celery leaves
1 tsp. salt	4 whole cloves
2 Tbsp. vinegar	1 tsp. sugar
3 c. tomato juice	

Soak gelatin in cold water. Mix all the other ingredients

ROQUEFORT AND TOMATO ASPIC RING (Continued)

except vinegar, cook slowly in covered pan 20 minutes; strain. Heat to boiling point and add gelatin; stir well. Cool, then add vinegar. Pour in ring mold. While this is cooling, cream 1/2 pound of Roquefort cheese with thick Vaca Valley cream until smooth. Add:

1/2 c. chopped nuts

1/2 c. chopped ripe olives

When aspic is cold, put the cheese mixture, spoon by spoon, over the aspic, making a complete layer. Chill and serve with crisp salad greens.

Mildred Chandler
Vacaville, Calif.

MELON BALLS IN WINE SAUCE (Cocktail)

1 Tbsp. cornstarch
1/2 c. sugar
dash salt
1 c. sauterne wine
1/4 c. water

1/2 c. apple-mint jelly
1 Tbsp. butter
1 tsp. lemon juice
green coloring
melon balls

Mix sugar, cornstarch and salt in saucepan. Combine wine, water and jelly and stir into dry ingredients. Cook, stirring, over low heat until boils; continue cooking for about 2 minutes, or until clear. Remove from heat; add butter, lemon juice and coloring. Chill. Sufficient for 6 to 8 servings.

Mrs. Leland G. Emigh

SALAD DRESSING

1 c. Wesson oil
1 bottle catsup
1 bottle chili sauce
1 Tbsp. salt

1/2 c. onion (run through chopper)
5 Tbsp. vinegar
1/2 c. sugar

Combine all ingredients and mix on mixer for 1/2 hour.

FRENCH SALAD DRESSING

1 can tomato soup
1 c. sugar
1 c. salad oil
1/2 c. vinegar

1/8 tsp. garlic salt
1 Tbsp. celery seed
1 Tbsp. dry mustard
salt and pepper

FRENCH SALAD DRESSING (Continued)

Mix all together and beat well. Makes 3 cups.
Mrs. Duane Parks

LOW CALORIE MAYONNAISE & SALAD DRESSING

1 c. Wesson oil	1/2 tsp. pepper
1/4 c. non-fat milk solids	2 Tbsp. lemon juice
2/3 c. hot water	3 Tbsp. vinegar
1 1/2 tsp. salt	paprika to taste
1/2 tsp. mustard	

Combine thoroughly in blender or beat in small bowl, at low speed - Wesson oil, non-fat milk solids and water. Add salt, mustard and pepper. Mix lemon juice and vinegar; add slowly, still beating at low speed. Scrape down sides and mix at high speed 30 seconds. Color with paprika.

65 calories per tablespoon - ordinary mayonnaise 115 calories per tablespoon.

Mrs. J. Clinton Peterson

BLEU CHEESE DRESSING

3/4 lb. Bleu cheese or Roquefort (crumble in Mixmaster)	1/2 pt. Vaca Valley sour cream
--	--------------------------------

Mix until creamy. Add:

2 c. mayonnaise	1/4 c. lemon juice
2 Tbsp. Worcestershire sauce	1 medium onion, grated

Mix together. Pour into jar. Keep in refrigerator.
Mrs. Thomas Bayley

ROQUEFORT DRESSING

3 oz. Roquefort cheese, crumbled	1 tsp. chopped chives
1 pt. mayonnaise	1 c. Vaca Valley sour cream
1/2 tsp. Worcestershire sauce	3 tsp. freshly ground pepper (or coarse grind)

1/2 c. Vaca Valley buttermilk

Mix in order given, stirring the sour cream in gently. The amount of pepper is necessary. If desirable, more Vaca Valley sour milk can be added to thin mixture when it has been in refrigerator and thickened.

Mrs. James Wiggins - Dixon, Calif.

FRUIT SALAD DRESSING

3 Vaca Valley eggs (3/4 c.), slightly beaten	1 c. sugar
1/4 c. Vaca Valley orange juice	2 Tbsp. flour
1/4 c. lemon juice	1/2 c. Vaca Valley whipping cream, whipped
	1/4 c. unsweetened pineapple juice

Blend the eggs, orange juice, lemon juice and pineapple juice together in top of a double boiler. Add a mixture of the sugar and flour gradually to the egg mixture, stirring constantly. Cook over simmering water, stirring constantly until thick, about 10 minutes. Cool and chill.

Blend chilled mixture into whipped cream just before serving. About 3 cups of salad dressing.

Mrs. Larry Ball

** EXTRA RECIPES **

Casseroles

Let's pour some happy spirit
In a great big mixing bowl
Then add a few ingredients
and lo! A Casserole!!

One Dish Meals

ABBREVIATIONS COMMONLY USED

tsp. - teaspoon
 Tbsp. - tablespoon
 c. - cup
 pt. - pint
 qt. - quart
 pk. - peck
 bu. - bushel

oz. - ounce or ounces
 lb. - pound or pounds
 sq. - square
 min. - minute or minutes
 hr. - hour or hours
 mod. - moderate or moderately
 doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon
 3 teaspoons - 1 tablespoon
 16 tablespoons - 1 cup
 1 cup - 1/2 pint
 2 cups - 1 pint

2 pints (4 cups) - 1 quart
 4 quarts (liquid) - 1 gallon
 8 quarts (solid) - 1 peck
 4 pecks - 1 bushel
 16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons - 1/4 cup
 5 1/3 tablespoons - 1/3 cup
 8 tablespoons - 1/2 cup

10 2/3 tablespoons - 2/3 cup
 12 tablespoons - 3/4 cup
 14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot.	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons - 1 tablespoon
 4 tablespoons - 1/4 cup
 16 tablespoons - 1 cup
 1/2 cup - 1 gill
 4 gills - 1 pint
 2 cups - 1 pint

4 cups - 1 quart
 2 pints - 1 quart
 4 quarts - 1 gallon
 8 quarts - 1 peck
 4 pecks - 1 bushel
 16 ounces --1 pound

CASSEROLES, ONE DISH MEALS

"MORE"

2 lb. ground beef (lean)	1 can creamed corn
2 large onions, chopped	1 pkg. frozen peas
2 cans hot sauce	1 lb. cheddar cheese, cut fine
1 can tomato soup (large)	1 can pitted olives
1 can sliced pimentos	1 lb. cooked macaroni

Brown onion in 1/2 cup of oil or margarine until light brown. Add meat and brown. Pour into large bowl. Add remaining ingredients. Pour into large shallow pan. Sprinkle with paprika and juice of 1 lemon. Bake in 350 degree oven for 45 minutes, or until bubbly.

Mrs. Fred A. Tomasini

CRABMEAT CASSEROLE

2 c. cooked fresh crab	1 green pepper, sliced
3 c. thick white sauce	1 can mushrooms, sliced
2 1/2 c. grated cheese	2 Tbsp. red pimento, chopped
1 1/2 tsp. celery salt	

Add cheese and crab to hot, thick white sauce. Stir until smooth. Add grated cheese, celery salt, green pepper and red pimento. Pour into casserole. Cover with buttered cracker crumbs. Bake in 350 degree oven for 45 minutes, or until brown.

Mrs. Fred A. Tomasini

MARY'S SPAGHETTI

(Named after my daughter, Mary, who gave it to me)

1 lb. lean hamburger	1/3 lb. American cheese
1/2 medium onion	1 lb. pkg. spaghetti
1 No. 2 1/2 can stewed tomatoes	Parmesan cheese

Cook spaghetti until soft. Rinse in colander under cold water until stickiness is gone. Prepare sauce as follows: Brown and cook hamburger and chopped onion, breaking up meat into crumbs. Add rest of the ingredients except cheese. Cook 15 or 20 minutes. Mix half of sauce with spaghetti. Put layer of spaghetti, mixed with sauce, in baking pan. Slice cheese on top. Add rest of spaghetti. Bake in 350 degree oven about 30 to 45 minutes. Serve rest of sauce, piping hot, over each serving. Sprinkle Parmesan cheese over sauce.

(This is the best spaghetti I have ever eaten. The baking and the extra melted cheese in between the layers seem to be the extra touch).

Mrs. George Gooderham
- 15 - Fairfield, Calif.

OLIVE SPAGHETTI BAKE

1 oz. spaghetti	1 No. 2 can cream style corn
1 lb. ground lean beef	(2 1/2 c.)
1/4 c. oil or shortening	1 Tbsp. salt
1 c. chopped onions	1/4 tsp. black pepper
1 c. chopped green peppers	2 tsp. chili powder
1 clove garlic, minced	1 tsp. Worcestershire sauce
1 No. 2 1/2 can tomatoes (3 1/2 c.)	1 No. 1 tall can pitted ripe olives, sliced

Bring 4 quarts of water to a boil and add 1 tablespoon of salt. Drop in spaghetti. Cook until tender, about 9 minutes. Meanwhile, heat oil in large heavy skillet. Add ground beef; cook until partially brown, then stir in chopped onions, green peppers and minced garlic. When meat is well browned, add tomatoes, corn, salt, pepper, chili powder and Worcestershire sauce. Turn down heat and cook slowly until onions are soft and tender. Add drained spaghetti to meat mixture. Add sliced olives. Mix thoroughly. Turn into two (1 1/2 quart) or one (3 quart) casserole. Cover and bake 1 1/2 hours in a moderately slow oven, 325 degrees. Uncover for last 1/2 hour. Serves 6 to 10, depending on appetites.

Mrs. Robert McKenzie
Dixon, Calif.

CORN SPOON

3 Vaca Valley eggs, separated	2 Tbsp. butter
1 1/4 c. Vaca Valley milk (scalded)	1 can (7 oz.) cream style corn
3/4 c. corn meal	3/4 tsp. baking powder 3/4 tsp. salt

Grease 2 quart baking dish. Beat egg whites until stiff but not dry; beat egg yolks until thick and lemon colored. Stir corn meal and salt into scalded milk, beating hard. Cook a few seconds over low heat, stirring until consistency of thick mush. Blend in butter and corn, then baking powder. Fold in yolks, then whites. Pour into baking dish. Bake in moderately hot oven, 375 degrees, about 35 minutes, or until puffy and golden brown (knife inserted in center comes out clean). Serve with butter or gravy or just plain. Serves 5 to 6.

Mrs. A. Purves Pullen

BEEF CASSEROLE CHINESE STYLE

1 lb. ground beef	2 c. finely sliced raw celery
1 (10 oz.) pkg. frozen peas, defrosted	

BEEF CASSEROLE CHINESE STYLE (Continued)

1 can mushroom soup	1/2 tsp. pepper
2 Tbsp. Vaca Valley cream (table)	1 small onion, chopped fine
1 1/2 tsp. salt	1 c. crushed potato chips

Cook ground beef in frying pan until brown and crumbly, turn into a 1 1/2 quart casserole. Arrange peas over meat, then cover with sliced celery. Mix together the mushroom soup, cream, salt, pepper and onion. Pour over celery and sprinkle the potato chips over the top of the casserole. Bake in a moderately hot oven, 375 degrees, for 30 minutes until hot and bubbly. Serves 6.

Mrs. William H. M. Smith

TAMALE PIE

1 lb. ground beef	1 can condensed tomato soup
1 medium sized onion	2 tsp. chili powder
1 small clove garlic	1/2 tsp. salt
1 1/2 c. whole corn (1 pkg. frozen corn may be used)	1/4 tsp. paprika
	1 can pitted olives

In a heavy frying pan, brown ground beef, onion and garlic. Stir in and heat to blend flavors the tomato soup, chili powder, salt, paprika and corn and olives. Make your own recipe of corn bread or use a packaged mix. Cover the top completely with a layer of corn bread and bake 25 minutes, or until the corn bread is done. Remove from oven and let stand 10 minutes. Invert on a large platter.

Mrs. Hugh Loney

CURRIED FRUIT BAKE

1 No. 303 can cling peach halves	5 maraschino cherries with stems
1 No. 2 can pineapple slices	1/3 c. butter or margarine
1 No. 303 can pear halves	3/4 c. light brown sugar, packed
	2 tsp. curry powder

Drain fruits; dry well on paper towel; arrange in 1 1/2 quart casserole. Melt butter; add brown sugar and curry; spoon over fruit. Bake 1 hour uncovered. Oven should be at 325 degrees. This dish may be prepared the day before and reheated at 350 degrees for 30 minutes.

Mrs. Brenick J. O'Day

CHEESE SOUFFLE

4 slices bread (1/2 inch thick)	1 c. Eastern or Oregon cheese, cut in small cubes
312	-17- Fairfield, Calif.

CHEESE SOUFFLE (Continued)

1 pt. Vaca Valley milk	salt and paprika
2 Vaca Valley eggs	at least 2 Tbsp. Worcestershire
4 Tbsp. butter	sauce
pepper	

Heat milk and pour over crumbled bread. Let steam until bread dissolves. When cool, add beaten eggs and other ingredients. Bake 30 minutes in moderate oven.

Alice Long

HAMBURGER PIE

1 medium onion, chopped	1 lb. can (2 c.) cut green beans,
1 lb. ground beef	drained, or 1/2 lb. green beans,
3/4 tsp. salt	cooked and drained
dash pepper	
1 pkg. instant potatoes (4 servings)	1 can condensed tomato soup or tomato rice soup

Cook onion in small amount of hot fat until tender, but not brown. Add meat and seasonings; brown lightly. Add drained beans and soup; pour into greased 1 1/2 quart casserole. Drop cooked instant potatoes (or regular mashed potatoes) in mounds over meat. If you like, sprinkle potatoes with 1/2 cup shredded process American cheese or Parmesan cheese. Bake in moderate (350 degree) oven for 25 to 30 minutes. 4-6 servings.

Mrs. Gordon F. Irwin

MOCK RAVIOLI

Cook 1/2 pound shell macaroni. Combine and cook 15 minutes:

1/2 c. onion	1/4 tsp. thyme
2 Tbsp. parsley	salt and pepper
1/4 lb. beef	1/4 c. grated cheese
1/4 tsp. sage	2 Tbsp. olive oil

Mix:

1 c. crumbs	1 Vaca Valley egg
1/2 c. spinach	

Add to meat mix. Pour into casserole and top with:

2 cans hot tomato sauce	1/4 c. grated Parmesan cheese
1/2 c. water	

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MOCK RAVIOLI (Continued)

Bake at 350 degrees for 30 minutes.

Carley Stewart

TUNA NOODLE CASSEROLE

1 can Chinese noodles (crisp)	1 c. chopped celery
1 can tuna fish	1/2 c. chopped onion
1 can cream of mushroom soup	1/4 c. chopped peanuts
1 soup can water	1 small can chestnuts (optional)
	1 small pkg. potato chips

Drop dry noodles in bottom of buttered casserole. Add rest of ingredients. Put crushed potato chips on top. Bake at 350 degrees 1 hour.

Margaret Beelard

MACARONI RING

1 c. macaroni	1 Tbsp. chopped parsley
1 1/2 c. scalded Vaca Valley milk	1 Tbsp. chopped onion
1 c. soft bread crumbs	1 1/2 c. grated cheese
1/4 c. melted butter	3 Vaca Valley eggs, beaten
1 pimento, chopped	salt and pepper

Cook macaroni - blanch. Pour scalded milk over bread crumbs; add other ingredients and mix together. Put in buttered ring mold. Bake at 350 degrees 45 to 50 minutes. Good filled with creamed chicken.

Betty Balmer

CHICKEN AND ARTICHOKE CASSEROLE

4 whole chicken breasts, boned	1 Tbsp. chicken stock base
butter, olive oil	3 Tbsp. dry sherry
salt, pepper	1 Tbsp. fresh lemon juice
paprika	1/2 tsp. crumbled dry tarragon
1 (10 1/2 oz.) white sauce	2 cans artichoke hearts (12) 1 (4 oz.) can sliced mushrooms

Place chicken breasts in shallow casserole, sprinkle with salt, pepper, paprika to taste. Add sufficient butter and olive oil. Put in 400 degree oven until chicken is browned. (Frozen chicken breasts, thawed and unboned, can be used).

Combine white sauce with chicken stock base, sherry, lemon juice, tarragon. Heat just to boiling. Arrange artichoke hearts between browned chicken pieces. Spoon over the sliced

CHICKEN AND ARTICHOKE CASSEROLE (Continued)

mushrooms, drained. (Some of this juice can be added to the sauce).

Pour the hot sauce over all. Cover and bake in a moderate oven (350 degrees) for 45 minutes or 1 hour. Serves 4.

Bobbe Lewis

RICE ROSEMARY

6 green onions, sliced	1 c. uncooked rice
1 c. bouillon	1 can sliced mushrooms, including liquid
1 can cream of mushroom soup	pepper

Combine all ingredients. Put in casserole and bake for 1 hour in 350 degree oven. Stir once after baking 1/2 hour. Serves six.

Bobbe Lewis

PARTY HAM LOAF

2 lb. ham, ground	1/2 green pepper, cut fine
1 1/2 lb. beef, ground	2 Tbsp. grated onion
1 1/2 c. soft bread crumbs	1/8 tsp. pepper
1 c. Vaca Valley milk	brown sugar
2 Vaca Valley eggs, beaten	pineapple slices, small
1 tsp. Colman's mustard	

Mix first 9 ingredients together. Put 1 teaspoon of brown sugar in the bottom of an individual baking dish, place 1 slice of pineapple next, then pack meat on top. Bake at 375 degrees for 1/2 hour or until done. Turn out on plate. Serve with Currant Sauce in hole of pineapple. Serves 12 luncheon size.

Currant Sauce:

1 glass currant jelly	1/8 tsp. ground cloves
2 tsp. French's prepared mustard	

Heat until melted.

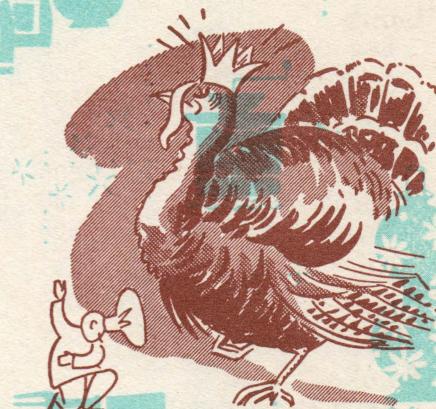
Dorothy Grotheer

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK



MEATS

POULTRY



Stuff it and roast it, baste it with care,
Carefully then some gravy prepare,
Around your kitchen savory odors will tell,
Whatever is cooking, is doing well.



ROASTING

MEAT

Beef

	Set Temperature		Time in Minutes per Pound	Time in Min. per Lb. Started Cooking from Frozen State
Standing Rib 6-8 Lbs.	300	Rare	18-20	43
		Medium	22/25	47
		Well Done	27-30	55
Less than 6 pounds	300	Rare	33	55
		Medium	45	60
		Well Done	50	65
Rolled Ribs	300	Rare	32	53
		Medium	38	57
		Well Done	48	65
Rump (high quality)				
	Standing		25-30	50
	Rolled		30-35	55

Lamb

Leg	300		30-35	40/45
Rolled Shoulder	300		40-45	40-45
Shoulder (bone in)	300		30-35	40-45

Veal

Leg	300		25-30	40-45
Shoulder	300		25	40-45
Boned and Rolled	300		40-45	40-45

Pork

Loin	350		35-40	50-55
Fresh Ham	350		30-35	50-60

Smoked Pork

Ham (New style)	300		15	
Ham (New style) Half	300		18-20	
Ham Butts	300		35/40	

POULTRY

Chicken

Stuffed 3-4 lbs.	350		45-40	
Stuffed 4-5 lbs.	350		40-35	
Stuffed over 5 lbs.	325		35/30	

Turkey

8-10 lbs.	325		25-20	
10-14 lbs.	325		20-18	
14-18 lbs.	300		18-15	
18-20 lbs.	300		15-13	

Goose

10-12 lbs.	325		30-25	
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Duck

5-6 lbs.	350		35-30	
----------	-----	--	-------	--

MEATS, POULTRY

BEAN DISH

2 cans kidney beans	1 lb. hamburger, browned
1 can garbanzo beans	salt, pepper
1 Tbsp. tomato paste	garlic, chili powder
2 onions	

Mix and simmer.

Trudy Lucas

ROAST CALF LIVER

If you have a hard time getting your family to eat this nutritious meat - try this recipe - they like it - occasionally!

1 (3 lb.) calf liver	1/2 tsp. salt
12 slices bacon	freshly ground black pepper
1 Tbsp. grated onion	Bernaise Sauce

Put 6 slices of bacon on bottom of baking dish and place liver on top of it. Spread liver with grated onion, sprinkle with salt and pepper. Put 6 remaining bacon slices on top of liver. Bake in moderate oven (325 degrees) for 1 hour. Serve with Bernaise Sauce. Serves 6.

Bernaise Sauce:

1 c. dry white wine	1 tsp. tarragon
3 Vaca Valley egg yolks, beaten	1 tsp. chervil
2 Tbsp. tarragon vinegar	1 c. butter, melted
1 Tbsp. chopped parsley	1/2 tsp. salt
1 Tbsp. minced shallots	freshly ground black pepper

Beat 2 tablespoons of wine into egg yolks. Set aside. Combine the remaining wine with vinegar, parsley, shallots, 1/2 teaspoon tarragon, 1/2 teaspoon chervil, salt and pepper and cook for 15 minutes, stirring occasionally. Remove from heat and add egg yolk mix slowly, stirring briskly. Add butter, 2 tablespoons at a time, beating thoroughly after each addition. Strain through a fine sieve. Add the remaining tarragon and chervil and stir well. Makes about 2 cups.

Corinne Khamashta

LAMB & PEPPERS

1 lb. boned lamb shoulder, cut in thin strips

LAMB & PEPPERS (Continued)

instant seasoned meat	1 (3 or 4 oz.) can mushrooms, sliced and undrained
tenderizer	1/2 c. diced celery
1 tsp. gravy seasoning	2 green peppers, cut in strips
1 c. dry red wine	1 Tbsp. cornstarch
1 tsp. salt	1/2 c. canned chicken consomme
1 Tbsp. salad oil	
1 clove garlic, crushed	1 small onion, minced

Cut meat strips into 2 inch lengths. Treat with meat tenderizer. Combine gravy, seasoning, wine and salt; marinate this mixture 20 minutes. In hot oil, cook garlic and onion. Add mushrooms and their liquid, meat and marinade; simmer, covered 20 minutes. Add celery and green pepper and cook 15 minutes longer, or until meat is tender. Combine cornstarch and consomme. Add to gravy and cook, stirring until thickened. Makes 4 servings. Serve over rice or noodles.

Mrs. Gina Kinnaman

SWEET AND SOUR SPARERIBS

3 lb. spareribs	2/3 c. wine vinegar
1 No. 2 can crushed pineapple (2 1/2 c.)	1 tsp. dry mustard
1 c. catsup	2 Tbsp. butter
2/3 c. brown sugar	2 Tbsp. cornstarch salt and pepper

Brown ribs in hot oven (425 degrees) for 20 minutes, drain off excess fat. Cook all other ingredients in sauceman on top of stove until glossy and thick. Pour over ribs and bake at 350 degrees for 2 1/2 hours. Serves 4.

Mrs. Ralph Darville
Suisun

CAMP-FIRE SUPPER

hamburger patties or steak	onions
raw potatoes	carrots and seasoning

On double thickness of aluminum foil, place hamburger patties or steak and a slice of onion. On top of this, place sliced raw potatoes and carrot sticks. Season. Seal slightly, pressing edges together to retain steam. Place on the coals of fire or on a grill for 1/2 hour or until soft. This is an individual serving - open and eat.

Dessert may be baked apple, also prepared in aluminum foil. Very good for picnics. -- Mrs. Russell Nelson

HAM ROLL

2 c. flour
1/2 tsp. salt

4 tsp. baking powder
4 Tbsp. Crisco

Mix as for pie crust, add 3/4 cup Vaca Valley milk and roll 1/2 inch thick as for cinnamon roll.

2 c. ground smoked ham
4 Tbsp. soft butter

3 Tbsp. prepared mustard

Mix well and spread over dough. Roll and slice 1 1/2 inch thick. Place in pan and flatten to 1 inch. Bake at 475 degrees for 15 minutes, until slightly browned. Serve with sauce of:

2 Tbsp. flour
2 Tbsp. butter
2 c. Vaca Valley milk

1 tsp. salt
1/2 c. grated cheese (Kraft pimento 1/2 box)

Harriett C. Fuller

QUICK SPANISH BEEF RICE

1/4 c. Wesson oil
1 medium onion, thinly sliced
1/2 medium green pepper, chopped
3/4 lb. ground chuck

1 c. regular rice, uncooked
2 (8 oz.) cans Hunt's tomato sauce
1 3/4 c. hot water
1 tsp. salt
dash pepper
1 tsp. prepared mustard

Heat oil in skillet; add onion, green pepper, beef and rice. Stir over high heat until lightly browned. Add tomato sauce and remaining ingredients; mix well. Bring quickly to a boil. Cover tightly and simmer 25 minutes. Makes 4 servings. One-half cup of grated cheese may be added, if desired, just before serving time.

Jean L. Oxee

TEXAS HASH

2 large onions, sliced
2 green peppers, diced
3 Tbsp. cooking oil
1 lb. hamburg

2 c. canned tomatoes
1/2 c. uncooked rice
1 tsp. chili powder
1/4 tsp. pepper
1 tsp. salt

Saute onions and green peppers slowly in oil. Add hamburg and saute until the mixture falls apart. Add tomatoes, rice and

TEXAS HASH (Continued)

seasonings. Arrange in large casserole, cover and bake in 375 degree oven 45 minutes, or until rice is done.

Mrs. Robert M. Davidson
Dixon, Calif.

CHILI AND HOMINY

3 cans Nally's hot chili beans	1 No. 3 can tomato sauce
3 cans Nally's hot chili (no beans)	1 large hominy
2 lb. ground round	1 pkg. corn chips

Saute 2 large onions; add meat and brown. Add tomato sauce and simmer 30 minutes, add rest of ingredients. Place in a casserole; sprinkle with cheese and bake 30 or 40 minutes.

Claire R. Kilkenny
Dixon, Calif.

CORNED PORK

1 shoulder (or ham) of corned pork	4 large toes of garlic
8 bay leaves	1/2 tsp. rosemary
1 tsp. dry mustard	1/2 tsp. basil

Place corned pork in kettle large enough to allow water enough to cover meat. Bring water to a boil, then drain off liquid. Fill kettle with water again - add above seasonings. Cover kettle and simmer until meat is tender. Allow at least 30 minutes per pound for cooking.

Extra-Special Corned Pork: Follow above recipe for Corned Pork. When meat is tender, remove from liquid and cool. When cold, skin off rind and prepare as you would a ham. Bake in a moderate oven, 375 degrees, for 1/2 hour, or until thoroughly heated through, basting frequently with pineapple juice and juices in baking pan.

Mrs. B. O'Day

HAM WITH SWEET POTATO PUFFS

3 c. mashed sweet potatoes	1 Tbsp. water
1 tsp. salt	1 c. coarsely crushed corn flakes
2 Tbsp. melted butter	6 slices cooked ham
1/2 tsp. nutmeg	6 marshmallows
1 Vaca Valley egg	6 slices pineapple

HAM WITH SWEET POTATO PUFFS (Continued)

Blend mashed potatoes with seasonings and butter. If very stiff, add a little Vaca Valley milk. Form into balls. Add water to beaten egg; dip balls into mixture, then roll in corn flakes. Place ham slices in shallow pan or baking sheet. Put a pineapple slice on each and top with a potato puff. Bake at 400 degrees for 10 minutes. Top each with a marshmallow and return to oven for about 3 minutes to melt marshmallow.

Mrs. Leland G. Emigh

GLAZED HAM BALLS

(Serves 8)

1/2 lb. ground ham	3 Tbsp. brown sugar
1/2 lb. ground pork	1 Tbsp. flour
1 Vaca Valley egg, beaten	1/2 tsp. dry mustard
2/3 c. uncooked quick Quaker oats	1/3 c. pineapple juice
1/2 c. Vaca Valley milk	1 1/2 tsp. vinegar
salt	10 to 12 whole cloves
	3 Tbsp. dark corn syrup

Combine ham, pork and rolled oats, eggs and milk. Mix until thoroughly blended; chill. Shape into small balls and place in shallow baking pans. Bake in slow oven, 300 degrees, for one hour. Drain off drippings. Combine remaining ingredients and cook on top of stove until slightly thickened. Place ham balls on slices of pineapple and pour thickened mixture over them. Continue baking for 15 minutes.

Mrs. Lawrence Metcalfe

SWISS STEAK

2 1/2 lb. round steak (1 inch thick)	1/2 tsp. pepper
2 Tbsp. oil or suet	3/4 tsp. salt
2 c. boiling water or 1 1/2 c. boiling water and 1/2 c. catsup	1/2 green pepper, chopped
	1/2 onion, chopped

Braise meat well in fat. Add other ingredients. Simmer on top of stove or in oven for 2 hours. Use moderate oven, 350 degrees.

Mrs. Thomas Bayley

CHILI CON CARNE

1 lb. ground beef	1 chopped onion
1 Tbsp. shortening	1 clove garlic
1 can kidney beans	1 tsp. salt

CHILI CON CARNE (Continued)

dash pepper	1 can tomato soup
1 Tbsp. chili powder	

Brown meat and chopped onion and garlic. Add kidney beans, tomato soup and seasoning; heat thoroughly. Top with cheese and serve.

Bernice Brown
Dixon, Calif.

ENGLISH BEEF LOAF

2 lb. ground beef	2 tsp. salt
2 Vaca Valley eggs	2 Tbsp. chopped onion
2 c. soft bread crumbs	2 Tbsp. chopped celery and tops
2 Tbsp. chopped parsley	dash poultry seasoning (Bells)
1/2 tsp. pepper	

(I add 2 tablespoons of wheat germ).

Mix meat thoroughly with eggs, crumbs, parsley and seasoning. Shape into loaf, place into loaf pan or oblong Pyrex dish. Pour over 1 small can of whole tomatoes; add dash of salt and pepper to tomatoes. Bake 40 to 50 minutes in 400 degree oven. Baste occasionally.

Mrs. A. Purves Pullen

JO RAN SAVORY POT ROAST

3 to 4 lb. pot roast (chuck rump, shoulder or heel of round)	1 clove garlic
3 Tbsp. cooking oil	2 Tbsp. grated lemon rind
	2 c. Vaca Valley sour cream
	salt to taste

Place garlic in sour cream to flavor. Rub roast with about 1/3 of cooking oil. Heat oil in Dutch oven or heavy skillet. Brown roast lightly in oil; add grated lemon rind. Cover and cook over slow fire about 2 1/2 to 3 hours. About 30 minutes before roast is ready (sour cream will tenderize), add several carrots. Cook another 30 minutes. This will produce tender, tasty roast.

Jo Ran Health Foods

SPAGHETTI SAUCE

2 Tbsp. bacon fat	1 can tomatoes
1 lb. ground chuck	2 cans tomato sauce
4 onions, chopped	1/2 tsp. salt
2 green peppers, diced	1/4 tsp. pepper
2 cloves garlic, minced	1/4 tsp. thyme

SPAGHETTI SAUCE (Continued)

1/4 tsp. basil	1 1/2 tsp. paprika
1/4 tsp. oregano	1/2 lb. mushrooms
1/4 tsp. marjoram	2 Tbsp. butter or margarine
1/4 tsp. dry mustard	

Heat fat in large skillet. Add beef, brown well. Push meat to side of pan; add onions, peppers, garlic. Cook until onions are clear. Add tomatoes, tomato sauce, seasonings. Mix well, cover and simmer 1 1/2 hours. Stir occasionally. Meanwhile, wash mushrooms, slice stems and caps. Melt butter or margarine and saute stems and caps until brown. Fifteen minutes before serving, add mushrooms to sauce. One-half cup of sherry wine may also be added.

Mrs. G. W. Pangburn
Suisun

BAKED CHICKEN LOAF

1 1/2 c. finely diced, cooked or canned chicken	2 Tbsp. onion
1 c. packaged finely sifted bread crumbs	3 Vaca Valley eggs, well beaten
1/2 c. liquefied Vaca Valley non-fat dry milk (or skim milk)	1 Tbsp. butter
1/2 tsp. dried ground sage	1 tsp. salt
1/4 c. diced celery	dash freshly ground pepper
	1/2 tsp. monosodium glutamate
	2 tsp. Worcestershire sauce
	2 Tbsp. snipped parsley

Start heating oven to 350 degrees. Combine all ingredients and pour into a waxed paper lined 8 1/2 x 4 1/2 x 3 inch loaf pan. Bake 35 to 40 minutes, or until firm. Unmold and serve.

Mrs. John N. Gojkovich

RABBIT OR PHEASANT

cut up rabbit or pheasant	parsley
butter or margarine	bay leaf
small glass of brandy	1 c. pitted green olives
flour, salt and pepper	1 doz. small white onions
1/2 bottle white wine	1 clove garlic
1 c. chicken broth	1/2 c. diced ham
thyme	1/2 c. mushrooms

Slowly brown pieces of rabbit or pheasant in butter until golden. Add brandy and light it. After flames have flickered out, dust in some flour and seasonings. Add wine, broth, spices, olives, onions and garlic (to be removed before serving) and ham. When

RABBIT OR PHEASANT (Continued)

meat is tender, add mushrooms. Excellent with rice or wild rice.

Mrs. James Wiggins
Dixon, Calif.

CHICKEN LOAF

Step by step method:

Boil 1 nice fat hen in water to cover until tender enough to fall off bones, strip bone and coarsely cut in pieces. Put skin and giblets through food chopper. Set aside and prepare dressing as follows: Cut 1 large loaf stale bread in cubes. Put in large bowl. Chop very fine and add to bread:

3 Tbsp. onion	1 tsp. salt
3 Tbsp. celery	1/2 tsp. pepper
1/2 tsp. sage	

Pour over enough chicken broth to moisten to your taste. Place this in suitable dripping pan to about 2 inch thickness, pat down slightly. On top of this, place the chopped chicken. Now, make a sauce as follows: Melt 1/2 cup of butter in pan. Add 2/3 cup flour and stir well. Add 1 quart chicken broth and let come to good boil. Let cool. Beat 6 Vaca Valley eggs slightly; add to the sauce, season with salt and pepper; mix well. Now, dip this over mixture in the dripping pan, sprinkle generously with a flake cereal ie: corn flakes, wheaties, etc. Bake 1 hour or until custard sauce is set or rises up around as a custard pie. Serve with salad and hot rolls.

Mrs. Calvin Winkler

** EXTRA RECIPE **

Meat Cuts and How to Cook Them

BEEF CHART

Retail Cuts



Ground Beef Heel of Round
Roast (Bake), Broil, — Braise or —
Panbroil, Panfry, Cook in Liquid

Hind Shank
— Cook in Liquid (Soup) or Braise

Rolled Flank Flank Meat
—Braise or Cook in Liquid—

**Flank Steak Flank Steak
Fillets**

Plate **Rolled** **Short**
"Boiling" Beef Plate Ribs
—Braise or Cook in Liquid—

English Cut **Arm Po**

Wholesale Cuts

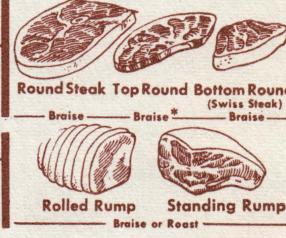


A diagram showing a cross-section of a short plate rib. The rib is depicted as a curved, elongated bone structure. The word "SHORT PLATE" is written vertically along the main body of the rib, and the word "RIB" is written vertically along the curved end. There are small circles at the top and bottom ends of the rib.

A diagram of a beef carcass from the side, illustrating the cuts of meat. The 'Brisket' is shown at the top left, 'Shank' below it, and 'SQUARE CUT CHUCK' and 'ROUND CUT CHUCK' towards the bottom right. Numbered lines point to specific parts: '1' points to the shoulder area, '2' points to the neck area, and '3' points to the round area.

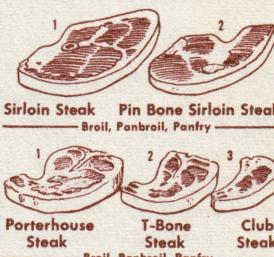
A detailed anatomical illustration of a cross-section of a human liver, showing internal structures like the hepatic lobules and veins.

Retail Cuts



Round Steak Top Round Bottom Round

Rolled Rump Standing Rump

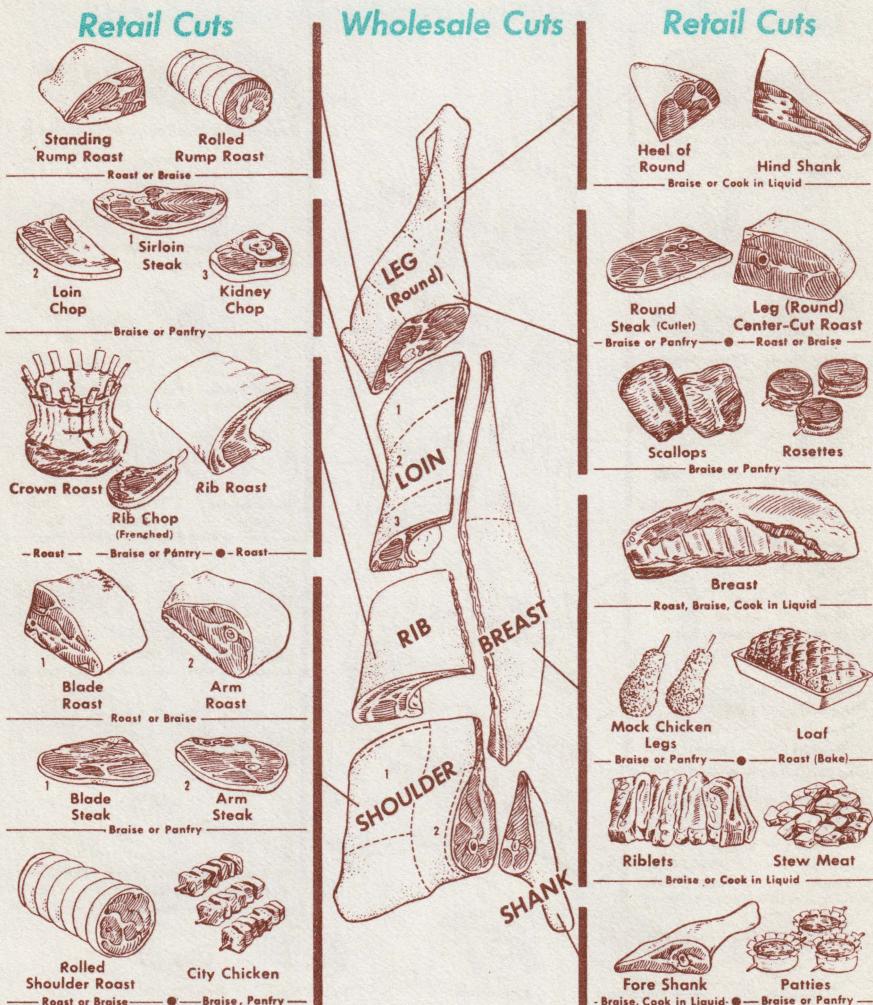


Braise

* Prime and choice grades may be broiled, panbroiled or panfried

Meat Cuts and How to Cook Them

VEAL CHART



NATIONAL LIVE STOCK AND MEAT BOARD

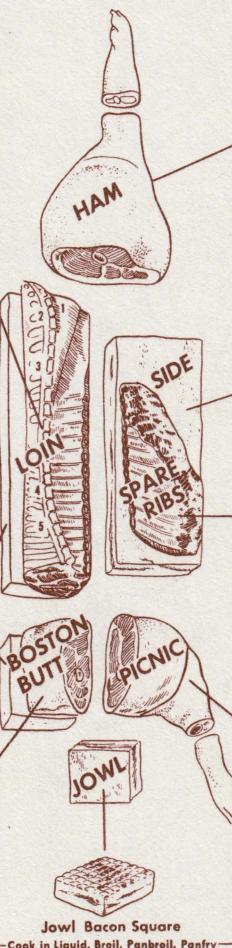
Meat Cuts and How to Cook Them

PORK CHART

Retail Cuts



Wholesale Cuts



Retail Cuts



NATIONAL LIVE STOCK AND MEAT BOARD

Seafoods

HERBS AND SEEDS

Dill - Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

Fennel - Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish.

Marjoram - May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

Tarragon - Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

Curry Powder - A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

Chives - Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelet, soups, and in fish dishes. Mild flavor of onion.

Tomato Juice - Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.

Vinegar - Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

Onion - Popular vegetable which combines in flavor with practically all vegetables, and some fruits - e.g., apple, and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

Sage - Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

Caraway - Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.

Paprika - A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

SEA FOODS

SHRIMP CREOLE

1/4 c. butter	1/8 tsp. dried rosemary
1 large onion, chopped	1/8 tsp. paprika
1/4 c. minced green pepper	2 Tbsp. flour
1 clove garlic, minced	1 c. canned tomatoes (tomatoes chopped fine, with juice)
1 tsp. salt	1 c. Vaca Valley milk
dash pepper	1 1/2 c. shrimp

Melt butter in pan. Add onion, garlic and green pepper; saute 10 minutes. Add salt, pepper, rosemary, paprika. Thicken sauce with flour. Add milk and tomatoes. Bring to a boil and simmer 10 minutes. Add shrimp. Heat thoroughly. Serve with rice. 4 servings.

Mrs. George Pardi
Dixon, Calif.

SHRIMP NEW ORLEANS

1 1/2 lb. raw shrimp, peeled and cleaned	1/2 bay leaf
3 c. water	pinch of thyme
1/4 c. butter	1/8 tsp. black pepper
1/2 medium sized onion, chopped fine	1 tsp. salt
2 small green peppers, cut fine and parboiled	2 Tbsp. cornstarch
	1 Tbsp. soya sauce
	3 tomatoes, peeled and cut in lengths

Prepare shrimp. Boil shells in water to make stock for sauce. Melt butter in frying pan. Add shrimp and onion. Let cook gently until shrimp change color. Add stock from shells, green pepper, bay leaf, thyme, salt and pepper. Let cook for 5 minutes. Thicken with cornstarch mixed to paste with little cold water. Add soya sauce and tomatoes. Heat gently 6 to 8 minutes or until tomatoes are tender but firm. Serve with Rice Pilaf or plain rice. Serves 5-6.

Corinne Khamashta

CLAMSALLEN

1/4 cube butter	1/4 tsp. salt
1 onion, minced	1/8 tsp. black pepper
1/4 tsp. oregano	dash cayenne pepper
1/4 tsp. dried celery leaves	1 c. raw rice
2 Tbsp. brandy	1/3 c. dry white wine
1/4 tsp. Accent	3 Tbsp. grated Parmesan cheese
312	2 cans minced clams
	-29- Fairfield, Calif.

CLAMSALLEN (Continued)

Melt butter; brown onion, then add seasonings. Add rice, stirring with a wooden spoon until shiny. Slowly add wine and brandy. Stir until liquid is absorbed. Add enough water to the clam nectar from the canned clams to make 2 1/4 cups liquid and add to rice. Bring to boil, cover and bake in 350 degree oven about 30 minutes, or until rice is done. Remove from oven, stir in clams and Parmesan cheese. Serves 6.

Martha S. Orr
Vacaville, Calif.

HOT CRAB SOUFFLE

8 slices white bread, crusts removed	1 c. chopped celery
2 c. crab	3 c. Vaca Valley milk
1/2 c. mayonnaise	4 Vaca Valley eggs
1 small onion, chopped	1 c. grated sharp cheese 1 green pepper, chopped

Arrange 4 slices bread on bottom of a greased baking dish. Mix crab, chopped vegetables and mayonnaise on top of bread. Arrange 4 slices of bread on top. Beat eggs and add to milk and pour over above. Place in refrigerator overnight. Remove at least 2 hours before serving. Sprinkle grated cheese on top and bake at 325 degrees about 1 hour and 15 minutes, or until set. Serves about 6-8.

Mrs. Robert McKenzie
Dixon, Calif.

CRABMEAT COBBLER

1/2 c. butter or margarine	1 c. Vaca Valley milk
1 chopped green pepper	1 c. shredded American cheese
1/2 c. chopped onion (1 medium)	1 c. (6 1/2 oz. can) crabmeat, boned
1/2 c. sifted flour	1 No. 2 1/2 can drained tomatoes
1 tsp. dry mustard	2 tsp. Worcestershire sauce
1/2 tsp. Accent	1/2 tsp. salt

Melt butter in top of double boiler and add green pepper and onion. Cook over boiling water until tender, about 10 minutes. Blend in flour, mustard, Accent, milk and shredded cheese. Cook, stirring constantly, until cheese is melted and mixture is very thick. Add crabmeat, drained tomatoes, Worcestershire sauce and salt. Blend thoroughly. Pour into a large casserole dish with room for Cheese Biscuit Topping.

Cheese Biscuit Topping (for above recipe):



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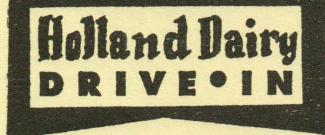
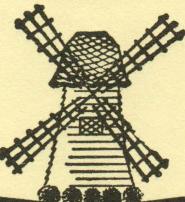
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CRABMEAT COBBLER (Continued)

1 c. sifted flour	1/4 c. shredded American cheese
2 tsp. double-acting baking powder	2 Tbsp. shortening
1/2 tsp. salt	1/2 c. Vaca Valley milk

Sift together the flour, baking powder and salt into mixing bowl. Add shredded American cheese. Cut in shortening thoroughly until particles are fine. Add milk; mix only until all the flour is moistened. Drop by teaspoonfuls on top of hot crabmeat mixture. Bake in hot oven, 450 degrees, 20 to 25 minutes.

Mrs. Robert H. Anderson (Sue)

** EXTRA RECIPES **

Miscellaneous

"Left-Over" Dishes



The dishes herein, we do hope you will find,
They are not only tasty, but save many a dime.

To whiten laces, wash them in sour milk.

When ironing a man's shirt, button the sleeves together. That way they do not touch the floor.

Put a small amount of cologne in the water to be used for sprinkling clothes. Makes ironing pleasant and freshens dresser drawers and closets.

If cottons scorch while ironing, plunge into cold water immediately and let stand 24 hours. The scorched areas will disappear.

When storing linens, leave them unstarched as the starch rots them.

Clothes do not freeze on a wire clothesline if first wiped with kerosene cloth.

A little vinegar added to the water in which you rinse silk stockings will increase their elasticity and make them practically runproof.

To remove a scorch from clothing, rub with a lemon and put in the sun.

When ironing pockets in little girls' dresses, if the pockets are fancy, gathered, or smocked type, stuff them with soft tissue paper before ironing and you'll be delighted with the professional results.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Keep a wet sponge handy when ironing. It's just the thing to dampen any spots which have dried out.

Sprinkle clothes right on the line if you have a garden hose (turn on fine spray). Roll clothes as you take them down.

When you recover your ironing board, first cold starch the cloth and then tack it on while it is damp. It will be perfectly smooth and tight and will stay clean for a much longer time.

Insert a teaspoon in the toe of your nylons when hanging them on the line to prevent blowing and snagging.

After washing cotton or silk gloves, rinse them by holding them under the cold water faucet so the fingers are inflated with water. Then let them drip dry on the same line and they will dry without twisted fingers.

MISCELLANEOUS, "LEFT-OVER" DISHES

GNOCHI (Potato Dumplings)

3 c. hot mashed potatoes (medium sized)	3 Tbsp. Italian cheese
1 c. flour	2 Vaca Valley eggs

Combine all ingredients in a bowl and knead until smooth. You may have to add more flour because of the water contents of the potatoes. Roll out on floured board in rope like rolls 1/2 inch rounds. Cut into 1 inch pieces. Let them dry out for an hour. Cook in 6 quarts of boiling salted water 10 minutes, or until they all come to top of the water. Serve with a tomato meat sauce and sprinkle with Parmesan or Romano cheese.

Mrs. Frank Lorenzo

JO RAN WILD RICE NUTBURGERS

2 c. cooked wild rice	1 Vaca Valley egg, slightly beaten
1/2 c. ground nuts	

Combine the ingredients and shape into patties, using a heaping serving spoonful for each and saute in butter or low cholesterol oil, or drop from spoon into hot griddle, well oiled, and cook like flapjacks.

Jo Ran Health Foods

GOULASH

1 lb. wide noodles	3/4 lb. sharp cheese, coarsely
2 lb. lean pork, coarsely	ground
ground	8 onions, sliced long
	2 c. tomato sauce

Mix all ingredients together and bake in casserole or shallow pan for 3/4 hour. Season to taste. Will serve 8 to 10 people.

Betty Balmer

GOULASH

1/2 green pepper, diced	1 c. sliced olives
1 large onion, sliced	2 cans I X L boneless chicken
1/4 c. Mazola oil	tamales
1 can cream corn	1/2 pkg. Chinese noodles
1 can tomato sauce	1/2 lb. sharp cheese

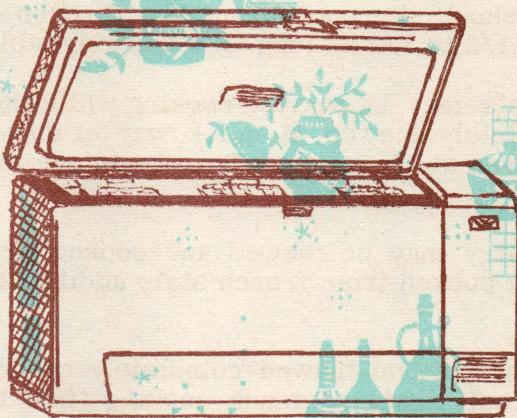
GOULASH (Continued)

Simmer onion and pepper in oil. Add corn, tomato sauce, olives and tamales. Boil noodles until tender, drain, add to other. Put in casserole with layers of cheese. Bake at 350 degrees about 40 minutes.

Dorothy Grotheer

** EXTRA RECIPES **

Vegetables



FROZEN FOODS

FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked $\frac{1}{2}$ to $\frac{1}{3}$ as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10 - 15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2 - 3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

VEGETABLES, FROZEN FOODS

CORN PUDDING

1 can (1 lb.) cream style corn	2 Tbsp. butter or margarine, melted
3 Vaca Valley eggs, slightly beaten	1 tsp. dried parsley
1/2 c. Vaca Valley milk	1/4 c. chopped pimiento
1/2 c. evaporated milk or Vaca Valley light cream	1 tsp. sugar
	1 Tbsp. grated onion
	1/8 tsp. salt
	dash of pepper

Combine corn and eggs. Stir in milk, cream and butter. Add parsley, pimiento and onion; mix well. Blend in seasonings. Pour into a greased 1 1/2 quart casserole. Set in pan of hot water. Bake, uncovered, at 325 degrees for 1 hour, or until knife inserted comes out clean. Yield: 5 to 6 portions.

Mrs. B. O'Day

HERBED STRING BEANS

Dice 4 bacon slices, fry slowly until crisp, then remove bits and reserve. Add: (to bacon drippings)

1 sliced onion	2 Tbsp. chopped green pepper
----------------	------------------------------

Saute gently for 5 minutes, then add:

2 1/2 c. cooked string beans	1/8 tsp. dried marjoram
2 Tbsp. chopped parsley	a tiny pinch of dried rosemary

Cover, simmer gently for 5 minutes. Serve with bacon bits sprinkled over top of beans (2 packages of frozen cut beans are preferable).

Mrs. Robert McKenzie
Dixon, Calif.

GREEN BEAN CASSEROLE

3 pkg. frozen French type string beans	1 can cream of mushroom soup
1 can water chestnuts	1 pkg. frozen French fried onions

Cook and drain beans - add sliced water chestnuts and cream of mushroom soup. Put 1/2 in casserole and top with 1/2 of the onions. Repeat. Sprinkle with bread crumbs. Bake 20 to 30 minutes in 350 degree oven or until heated through.

Dorothy Grotheer
-35- Fairfield, Calif.

BRUSSELS SPROUTS WITH CHESTNUTS

1/2 lb. chestnuts	salt
3 boxes frozen sprouts or	pepper
2 qt. fresh	butter

Score the chestnuts with a knife and cook in boiling water for 3 minutes. Remove the shells and slice the nut. Cook the sprouts in boiling salted water - do not overcook. Toss with melted butter and chestnuts. Season with salt and pepper. Serves eighteen.

Mrs. Leland G. Emigh

CELERY AND CARROTS, SPANISH STYLE

1 c. chopped onions	1 1/2 c. (1/2 inch) celery slices
1/2 c. chopped green	1/2 tsp. salt
pepper	1/4 tsp. ground oregano
3 Tbsp. butter or mar-	dash pepper
garine	1 (8 oz.) can (1 c.) seasoned
1 1/2 c. thinly sliced	tomato sauce
carrots	1/4 c. water

Cook onion and green pepper in butter until tender, but not brown. Add remaining ingredients; heat to boiling. Pour into 1 quart casserole; cover. Bake in hot oven (400 degrees) about 1 hour or until tender. Makes 4 to 6 servings.

Dorothy Anderson

KIDNEY BEANS

1 can Heinz kidney beans	1 onion, chopped
1/2 lb. sharp cheese	1/2 inch butter of cube
1 bell pepper, chopped not too fine	

Melt the butter, put in the rest of the ingredients. Cook for a long time. The beans go to pieces. I use double boiler for the long cooking. Can be made and reheated. Serve with French bread for buffet meals. Serves six.

L. L. McKevitt

CORN TIMBAL (Good with Creamed Things)

1 can milk type corn	4 Vaca Valley eggs, dropped in
2 level Tbsp. flour	separately and beaten well
1/2 pt. Vaca Valley cream	salt and pepper

Bake in ring mold or small ones buttered, for 3/4 hour in

CORN TIMBAL (Continued)

275 degree oven, 12 small molds.

L. L. McKevitt

BURGUNDY BAKED BEANS

2 c. small white beans	1/2 c. dark molasses
2 tsp. salt	1 c. burgundy wine
1/2 tsp. dry mustard	1/4 lb. pork
1/4 tsp. black pepper	1 medium onion

Soak beans overnight. Heat and boil slowly until skins break, then mix beans, salt, dry mustard, pepper and molasses. Place in baking pot, cut and place pork on top of beans. Place onion in center top. Pour wine over all. Cover with boiling water and put lid on pot. Cook at 250 degrees in oven 8 hours without stirring. Add boiling water, if needed. Cook uncovered the last 30 minutes.

Mrs. Wm. P. Tichenor

** EXTRA RECIPES **

Rolls - Breads



"Breathes there a wife with soul so dead;
Who to her husband has never said:
'This is my own real, home made bread'."

COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough Biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin mix well but light-and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too

much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by over mixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing the dough.

3. Pies do not brown - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400 - 425 degrees constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.

4. Bread is streaked - this is caused from under-kneading and not kneading evenly.
5. Bread bakes uneven - Caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

ROLLS - BREADS

SCOTCH SCONES

2 c. flour
 3 tsp. baking powder
 1 tsp. salt
 2 Tbsp. sugar

3 Tbsp. shortening
 2 Vaca Valley eggs, beaten
 1/2 c. Vaca Valley milk

Sift dry ingredients; add shortening, beaten eggs and milk.
 Roll 1 inch thick and place on a cookie sheet. Cut like biscuits
 and bake at 450 degrees for 12 to 15 minutes. Good with jam.

Mrs. Duane Parks

CALICO LOAF

3/4 c. chopped walnuts
 1 c. sugar, divided
 2 c. fresh cranberries,
 coarsely ground
 grated peel of 1 orange
 2 c. sifted flour

4 tsp. baking powder
 1 tsp. salt
 1 c. quick cooking oats
 2 Vaca Valley eggs, beaten
 2/3 c. Vaca Valley milk
 3 Tbsp. salad oil

Toast chopped nuts, if desired. Sprinkle 1/4 cup of the
 sugar over ground cranberries and orange peel - set nuts and
 cranberry mixture aside. Mix and sift flour, baking powder,
 salt and remaining sugar. Mix in rolled oats and nuts. Combine
 eggs, milk, salad oil and cranberry mixture. Add to dry ingre-
 dients. Mix just enough to thoroughly dampen flour. Turn into
 greased loaf pan, 8x5x3 inches. Let stand 10 minutes. Bake at
 350 degrees for 1 hour.

E. Glashoff

ORANGE NUT BREAD

2 1/4 c. flour
 2 1/4 tsp. baking powder
 1/4 tsp. soda
 3/4 tsp. salt
 3/4 c. sugar

3/4 c. chopped nuts
 2 Tbsp. salad oil
 1 Vaca Valley egg, beaten
 3/4 c. Vaca Valley orange juice
 1 Tbsp. grated orange peel

Sift dry ingredients into a large bowl. Add walnuts, add
 salad oil, egg, orange peel and orange juice and stir until mixture
 is dampened but not smooth. Pour batter into greased 5x9 inch
 loaf pan. Spread into corners of pan. Bake in a moderate oven,
 350 degrees, for 70 minutes.

E. Glashoff

BANANA BREAD

1/2 c. shortening	1 tsp. soda
1 c. sugar	1/4 c. chopped nuts
2 Vaca Valley eggs	pinch salt
3 ripe bananas, crushed	1 tsp. vanilla
2 c. flour	

Cream shortening and sugar; add eggs and bananas; mix thoroughly. Add sifted dry ingredients, mixing well. Add nuts and vanilla. Pour into lined 5x9 inch loaf pan. Bake at 350 degrees for 1 hour.

E. Glashoff

HEALTH BREAD

3 c. warm water	1/4 c. poly-unsaturated vegetable oil
2 pkg. dry yeast (granular)	1/4 c. soya bean powder
1 1/2 Tbsp. salt	1/2 c. wheat germ
1 Tbsp. sugar	1/4 c. vegetable shortening
2 Tbsp. white Karo syrup	flour, white (about 8 or 9 c.)
1/2 c. dry milk powder	

Put warm water into large bowl. Add yeast. Add all other ingredients, with about 4 or 5 cups of flour last. Mix with large spoon and keep adding flour until mixture is too stiff to stir with spoon, then start kneading, adding more flour around the edges, as needed. Keep kneading until the mixture is smooth and does not have to have more flour. You will find it necessary to keep cleaning the dough off your hands and the sides of the bowl while kneading. After kneading, turn dough over, sprinkle with flour, cover with wax paper and cloth and let rise until double in bulk. Shape into loaves, filling the loaf pans a little more than half full. Let rise until double. Bake in 350 degree oven from 35 to 45 minutes. Cool on rack.

(This bread is wonderful eating, both plain or toasted. I keep extra loaves in the freezer in plastic bags, but they don't stay there long! There is always someone "special" to give a loaf to).

Mrs. George Gooderham

STUFFED ROLLS

4 hard boiled Vaca Valley eggs	1 c. oil
2 green peppers	1 can chopped olives
2 fresh onions	1/2 tsp. salt
1 c. Velveeta cheese	1/8 tsp. pepper
1 small can tomato sauce	1 doz. French rolls

STUFFED ROLLS (Continued)

Chop eggs, peppers and onions and put in large bowl. Add cubed cheese and remaining ingredients; mix well. Cut rolls lengthwise. Spread stuffing on each. Bake in 350 degree oven for 25 to 30 minutes. Serve at once.

Isabel R. Castro

BASIC PIZZA DOUGH

1 pkg. dried or compressed yeast	2 Tbsp. oil
1 1/3 c. lukewarm water	1 tsp. salt
	4 c. sifted flour

Dissolve yeast in lukewarm water. Add oil. Sift flour and salt into bowl; add yeast mixture and knead until smooth, about 10 minutes. Cover with clean towel and let rise in warm place until doubled in bulk, about 2 hours. Grease two (11x15 inch) baking sheets with shortening. Pat and stretch risen dough to fill pans, pushing dough well into corners of pan. Spread filling on top of dough and allow to rest 10 minutes. Bake in 450 degree oven for 25 minutes, or lift pizza slightly with broad spatula to see if bottom is brown. Remove from oven and serve.

Mrs. Frank Lorenzo

COUSIN PATTIES CORN BREAD

1 c. white corn meal	2 Vaca Valley eggs
1 1/2 c. hot water	1 tsp. salt
1/2 c. Vaca Valley sweet milk	1 heaping tsp. baking powder, mixed in 1/2 c. flour
1 slice butter off cube 1/2 inch thick	

Scald the corn meal with the boiling water; when cool, add the melted butter, the milk, eggs, flour and salt. This makes a soft batter. Place in a pie tin and bake for 3/4 hour. Grease pie plate. Bake in 350 degree oven. This will have a real crust and be moist in the middle. It should be the thickness of a slice of bread.

Mrs. F. B. McKevitt, Jr.
Vacaville, Calif.

LEMON NUT YEAST ROLLS

1 pkg. active dry yeast or 1 cake compressed yeast	1/3 c. sugar
1/4 c. warm water	1/3 c. shortening
1/2 c. mashed potato	1 tsp. salt
	1/2 c. hot scalded Vaca Valley milk

LEMON NUT YEAST ROLLS (Continued)

1 unbeaten Vaca Valley egg	2 Tbsp. melted butter
1 tsp. grated lemon rind	3/4 c. sugar
1 Tbsp. lemon juice	1/2 c. chopped pecans
3 1/2 to 4 c. sifted flour	2 tsp. grated lemon rind

Soften yeast in warm water. Combine in mixing bowl 1/3 cup sugar, shortening, salt and milk; cool to lukewarm. Stir in egg, 1 teaspoon lemon rind, lemon juice, the mashed potato and yeast. Gradually add flour to form a stiff dough, beating well after each addition. Place in greased bowl and cover. Let rise in warm place until light and doubled in size, about 1 hour. Roll out dough on well floured surface to about 16x12 inch rectangle; brush with butter. Combine 3/4 cup sugar, nuts and 2 teaspoons lemon rind; sprinkle over dough. Roll as for jelly roll, starting with 16 inch side. Cut or "tie-off" with strong thread into sixteen 1-inch slices. Place cut side down in two well greased 8 or 9 inch round layer pans. Cover. Let rise in warm place until light and doubled in size. This takes 30 to 45 minutes. Bake in 375 degree oven for 20 or 25 minutes. Remove from pans immediately. Drizzle with Glaze while warm and enjoy. Makes 16 rolls.

Lemon Glaze for above Rolls:

1/2 c. sifted powdered sugar	1/2 tsp. lemon juice
1 tsp. grated lemon rind	1 Tbsp. Vaca Valley cream

Blend together. Beat until smooth.

Mrs. Robert H. Anderson (Sue)

BISCUITS (Light as a Feather)

2 c. flour	2 tsp. sugar
1/2 tsp. salt	1/2 c. shortening
4 tsp. baking powder	2/3 c. Vaca Valley milk
1/2 tsp. cream of tartar	

Sift dry ingredients 2 times. Cut in shortening with fork or hand blender until mixture looks like coarse corn meal. Make well in dry ingredients and add 2/3 cup milk. Put a little Vaca Valley milk on top of biscuits to give glaze. Bake in 450 degree oven for 12 to 15 minutes.

Mrs. Frank Lorenzo

ZOMBIE BREAD

1 lb. sharp cheddar cheese	1/4 tsp. pepper
1/2 c. minced parsley	1/4 tsp. garlic powder
juice of 1 lemon	1/2 lb. butter, melted
1 1/2 tsp. salt	2 loaves French bread

First, grate the cheese, then mix the cheese, parsley, lemon juice, salt, pepper and garlic powder. Beat in melted butter to make a paste. Refrigerate at this point if you like, but at room temperature before using. At spreading time, split the loaves of bread in halves, lengthwise. Spread the cut surfaces with cheese paste and let stand for about two hours. Twenty minutes before serving, put the four halves on a large cookie sheet and bake at 350 degrees until cheese is slightly melted and browned.

Mrs. G. E. Allbright
Suisun

ORANGE-GRAHAM LOAF

1 c. shortening	1 c. Vaca Valley orange juice
1 c. sugar	(fresh or frozen, thawed, but undiluted)
6 Vaca Valley eggs	
5 1/3 c. crushed graham crackers	1 tsp. soda
2 c. chopped nuts	1 tsp. baking powder
	1 tsp. salt

Cream shortening and sugar. Add eggs, one at a time and beat after each addition. Combine cracker crumbs, chopped nuts, soda, baking powder and salt. Add this to the creamed mixture alternately with the orange juice. Pour into two greased loaf pans, or 4 or 5 small loaf pans. Bake at 350 degrees for about 50 minutes, or 35 minutes for small loaves. Freezes well.

Mrs. Hugh Loney

THE FAMOUS NUT TREE BREAD

Here is the recipe for those popular little loaves of bread. This recipe was perfected by Hester Allison Harbison who was born on the Nut Tree Ranch in 1857. She learned to make bread from her pioneer mother but continued to perfect this recipe through her long life. Her children and grandchildren operate the Nut Tree today.

To 1 cup of lukewarm water in a warmed mixing bowl, add:

1 1/2 Tbsp. sugar	1 envelope active dry yeast (or 1 cake compressed yeast, crumbled)
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THE FAMOUS NUT TREE BREAD (Continued)

Stir until dissolved. Add:

1 1/2 c. sifted all purpose flour 1 1/2 tsp. salt

Beat hard with spoon about 2 minutes. Gradually add 1 1/4 to 1 1/2 cups of sifted flour, mixing first with spoon, then with hands, to make a smooth, springy ball of dough (takes about five minutes). Cover with towel and let stand in warm place about 25 minutes until doubled in size. Divide dough into four pieces to fit small pan size 2 1/2 x 5 x 1 1/2 inches deep. Flatten out on an oiled board, shape into loaves and put into greased small pans. Again cover and let rise in warm place about 25 minutes until doubled. Bake at 400 degrees (fairly hot) 20 minutes, or until golden brown. Turn out on rack.

The Nut Tree
Vacaville, Calif.

LUNCHEON PANCAKES

3 Vaca Valley eggs 1 1/2 c. Vaca Valley milk
1 c. flour

Grind together:

1/2 lb. lean beef 1/4 lb. lean pork

Chop:

1/2 onion 1 clove garlic

Have ready:

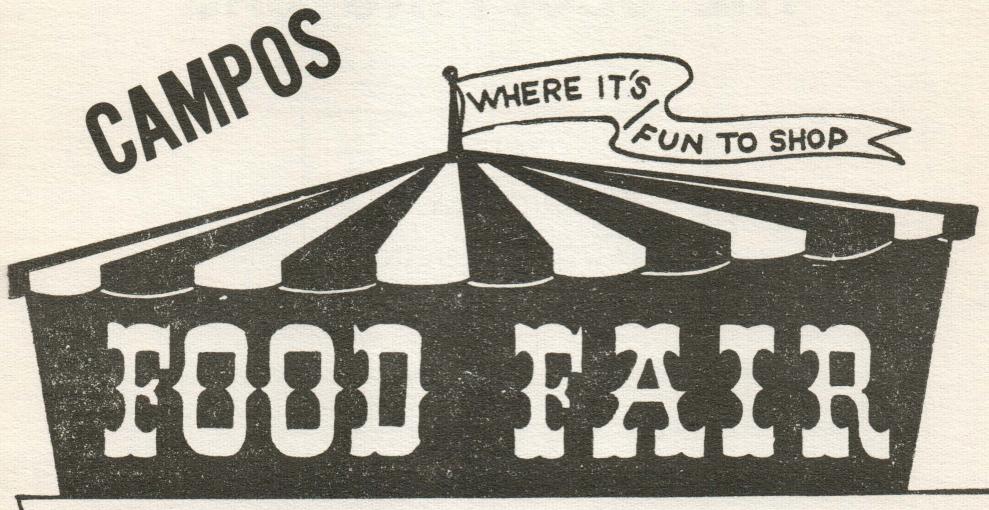
1 Tbsp. oil 2 cans mushroom sauce
1 c. chopped cooked spinach grated sharp cheese

Make 8 large pancakes using 1/3 cup for each. Cook onion and garlic in oil until golden. Add meat and brown, stirring, add spinach. Mix. Put 1/4 cup on each pancake, roll up. Place in greased pan. (Can be made this far ahead of time). Cover with mushroom sauce and grated cheese. Bake 30 minutes in slow oven.

Mrs. James Wiggins
Dixon, Calif.

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SESMA BANANA BREAD

3 mashed medium bananas, very ripe	1 Vaca Valley egg, beaten
1/4 c. butter	1 1/2 c. sifted flour
1 c. sugar	1 tsp. soda
	1/2 tsp. salt

Cream butter and sugar; add bananas and egg. Sift in dry ingredients; mix well. Bake in medium loaf pan at 350 degrees 45 to 60 minutes; remove and cover with a towel about 5 minutes. Remove from pan and cool on rack.

Lydia Zazrivy
Vacaville, Calif.

COFFEE CAKE

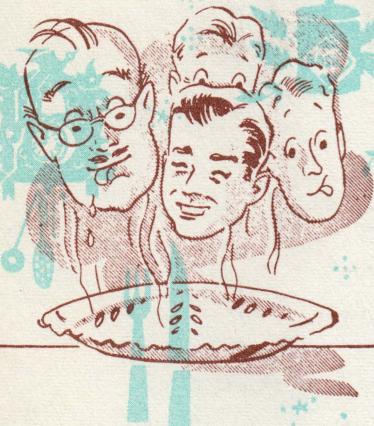
1/3 c. shortening or butter	3 tsp. baking powder
1 1/3 c. brown sugar	1/2 tsp. salt
2 Vaca Valley eggs	1 tsp. cinnamon
1/2 c. Vaca Valley milk	1/4 tsp. cloves
1 tsp. vanilla	1/4 tsp. ginger
1 3/4 c. flour	

Cream shortening and sugar; add beaten eggs. Add milk and flour alternately. Add spices. Bake in greased and slightly floured pan at 350 degrees.

Mildred Chandler
Vacaville, Calif.

** EXTRA RECIPE **

"All new dishes fade, the newest oft the fleetest;
Of all pies ever made, the apple's still the sweetest."



Pies - Pastries - Desserts

Take time for 10 things

1 Take time to Work—

it is the price of success.

2 Take time to Think—

it is the source of power.

3 Take time to Play—

it is the secret of youth.

4 Take time to Read—

it is the foundation of knowledge.

5 Take time to Worship—

it is the highway of reverence and washes
the dust of earth from our eyes.

6 Take time to Help and Enjoy Friends—

it is the source of happiness.

7 Take time to Love—

it is the one sacrament of life.

8 Take time to Dream—

it hitches the soul to the stars.

9 Take time to Laugh—

it is the singing that helps with life's loads.

10 Take time to Plan—

it is the secret of being able to have time
to take time for the first nine things.

PIES - PASTRIES - DESSERTS

CHERRY MARSHMALLOW SQUARES

2 c. (1 can) red cherries, do not drain	1 c. whipped Vaca Valley cream
2/3 c. sugar	1 c. chopped nuts
1 pkg. cherry jello	1/4 c. crushed pineapple
12 cut up marshmallows	1/4 c. coconut

Bring cherries and sugar to boil. Remove from heat and stir in jello and marshmallows. Cool until thick. Fold in cream, nuts, pineapple and coconut. Pour into square dish. When set, cut in squares to serve.

APPLE CRUMB

4 c. sliced apples	2 Vaca Valley eggs, well beaten
2 c. sugar	3/4 c. oil
1 tsp. salt	1 c. chopped nuts
2 tsp. cinnamon	2 tsp. vanilla
1/2 tsp. baking powder	

Mix all together in bowl. Place in pan. Bake at 350 degrees 50 minutes.

Dorothy Dutra

PRUNE COCONUT CRUNCH

1 c. pitted cooked dried prunes	1/4 tsp. salt
1/4 c. liquid from prunes	2/3 c. brown sugar, packed
1/2 c. granulated sugar	1/3 c. margarine
1/2 tsp. cinnamon	2/3 c. quick cooking oats
2/3 c. sifted flour	2/3 c. shredded coconut

Chop prunes. Combine with cooking liquid, sugar and spice and cook and stir until mixture is consistency of thick jam. Allow to cool while preparing remaining ingredients. Sift flour with salt; stir in brown sugar, cut in butter until mixture is crumbly. Stir in oats and coconut. Spread half of the mixture in 8 inch round pan. Spoon prune mixture over it and top with remaining dry ingredients. Bake in moderate oven, 325 degrees, about 45 minutes. Serve warm, plain or with Vaca Valley cream. Serves 6. Also may be made with dried apricots.

E. Glashoff

PECAN PIE

3 Vaca Valley eggs	1 c. sugar
3 Tbsp. butter	1 Tbsp. flour
1 tsp. vanilla	1 c. pecans

Beat eggs; add melted butter and vanilla. Mix sugar and flour; add to egg mixture. Put pecans in bottom of a large unbaked pie shell. Pour egg mixture on nuts and let stand until they come to top. Bake at 325 degrees about 45 minutes, or until firm in center.

Dorothy Grotheer

PEPPERMINT SUNDAE PIE

18 Oreo cookies	1 c. whipped Vaca Valley cream
1/3 c. melted butter	chopped nuts
1 qt. Vaca Valley peppermint ice cream	

Crush the cream-filled Oreo cookies with rolling pin. (Use waxed paper or plastic bag to save mess). Add melted butter and mix well. Press around sides and bottom of large pie pan or a cake pan. Chill. Fill shell with 1 quart of peppermint ice cream. Whip the cream until quite stiff and spoon over ice cream. Sprinkle chopped nuts over all and freeze until firm enough to cut well.

Mrs. Robert H. Anderson (Sue)

CHOCOLATE ALMOND VELVET

2/3 c. canned chocolate syrup	2 c. Vaca Valley heavy cream
2/3 c. sweetened condensed milk	1/2 tsp. vanilla 1/3 c. slivered almonds, toasted

Combine the chocolate syrup, condensed milk, cream and vanilla. Chill. Whip until fluffy and soft peaks form. Fold in nuts. Pile into refrigerator tray; freeze firm. Serve sprinkled with toasted almonds, if desired. Makes 8 to 10 servings.

Mrs. Gordon F. Irwin

LEMON MILK SHERBET

4 c. Vaca Valley milk	juice of 3 lemons
1 1/2 c. sugar	

Mix lemon juice and sugar, stirring constantly, while adding milk. If added too rapidly, mixture will have curdled effect which is unsightly but will not affect the quality of sherbet. A little grated lemon rind and about 1/2 teaspoon of lemon extract

LEMON MILK SHERBET (Continued)

improves this sherbet. Tint a pale green. Freeze in refrigerator trays. When partly frozen, take out and beat. Return to tray to complete freezing.

Alice M. Long

SUNDAY DESSERT

("Sunday Dessert" because it can be made on Saturday)

1 pt. Vaca Valley whipping cream	1 envelope gelatin
12 marshmallows, cut up	1/4 c. cold water
24 ladyfingers	1 c. boiling water
24 macaroons, broken up	3/4 c. sugar
1/2 c. sherry or white wine	1 tsp. vanilla

Soak the marshmallows and macaroons in the wine overnight. Soak the gelatin in cold water, dissolve in the hot water, stir in the sugar. Put all of it together, mixing well. When cool, add the well whipped cream. Line mold with the ladyfingers placing a bottom layer. Fill with mixture. Place a top layer of ladyfingers and put in refrigerator for several hours, even 24. When ready to use, put whipped cream on top. Nuts can be put in the body of the cake. Serves 12.

Use spring mold - cut as cake, or bread tin type pan, to cut in slices.

F. B. McKevitt

CHOCOLATE-ORANGE TORTE

4 Vaca Valley egg whites	3/4 c. sugar
1/4 tsp. cream of tartar	1/2 c. chopped semi-sweet chocolate
1/4 tsp. salt	1 c. Vaca Valley heavy cream

Beat egg whites until thick.

1. Add cream of tartar and salt - beat until stiff. Gradually add sugar (about 2 tablespoons at a time), beating thoroughly after each addition. Spread in well greased and floured 9 inch pie pan, making edges slightly higher than center. Bake in very slow oven, 275 degrees, for 1 hour. Cool.

2. Sprinkle 1/4 cup chocolate over meringue.

3. Orange Filling: Beat 4 egg yolks until thick, gradually beat in 1/3 cup sugar, add 1 teaspoon (each) lemon and orange peel, 2 tablespoons Vaca Valley orange juice and 1 tablespoon lemon juice. Cook over hot water until thick, stirring constantly. Cool.

4. Next, add cool Orange Filling to meringue. Top with

CHOCOLATE-ORANGE TORTE (Continued)

whipped Vaca Valley cream (add 2 tablespoons of sugar). Top with chocolate.

Mrs. Duane Parks

GRAPE-NUT PUDDING CAKE (Very Good)

1/2 c. butter	6 Tbsp. grape-nuts
2 c. sugar	2 c. Vaca Valley milk
4 Vaca Valley egg yolks, well beaten	4 Vaca Valley egg whites, stiffly beaten
4 Tbsp. flour	juice and rind of 2 lemons
1 tsp. vanilla	

Cream butter and sugar thoroughly; add egg yolks, flour, grape-nuts, milk, lemon juice and rind. Fold in egg whites. Pour into baking dish and place in pan of water. Bake in moderate oven 50 to 60 minutes. Serves 6.

Mrs. Thomas Bayley

CRANBERRY CRUNCH

1 c. quick oats	1 c. butter
1/2 c. flour	3/4 c. brown sugar

Mix above well. Spread 1/2 of mixture in pan. Spread with can of whole cranberry sauce, cover with rest of mixture. Bake for 45 minutes at 350 degrees. Add whipped Vaca Valley cream on top.

Arleen McConnell

JELLO PUDDING

1 pkg. strawberry jello	1 pkg. frozen strawberries or 1
2 c. water	box fresh berries
1 recipe minute tapioca pudding	Vaca Valley pastry cream 1/2 c. nuts, chopped

Add 1 cup of boiling water to package of jello. Dissolve completely, then add 1 cup of cold water. Pour in long flat dish. Chill until set. Follow recipe on box for tapioca pudding. Chill and set. To jello, add pudding, then pour strawberries in one layer. Top with whipped cream. Garnish with nuts.

Mabel R. Castro

FRUIT COCKTAIL DESSERT (No Fats)

1 tsp. soda	1 c. fruit cocktail, well drained
1 c. flour	1/2 c. brown sugar
1 c. sugar	1/2 c. nuts
1 beaten Vaca Valley egg	

Mix flour, sugar and soda; add beaten egg. Blend fruit. Spread in greased pan. Sprinkle over with brown sugar and nuts. Bake at 300 degrees 1 hour. Double for 9x13 inch pan. (This is so easy and delicious). A favorite for people who cannot eat fat.

Mrs. Walter Brehme
Vacaville, Calif.

DATE PUDDING

1 c. sugar	1/4 tsp. salt
2 Vaca Valley eggs	1 tsp. vanilla
1/2 c. flour	1/2 c. chopped dates
1 tsp. baking powder	1/2 c. chopped nuts

Mix the sugar and eggs and beat 3 minutes with egg beater. Add all the rest of the ingredients and pour into a well buttered baking dish. Set in a pan of hot water and bake in a moderate oven 30 minutes. Serve with whipped Vaca Valley cream.

Marjorie Root

IRENE'S CHOCOLATE PUDDING

Soak 1 pint of bread crumbs (not too fine) in 1 pint of Vaca Valley milk. Make this warm and add:

5 Tbsp. chocolate	1 tsp. vanilla
1/2 c. sugar	3 beaten Vaca Valley egg yolks
pinch salt	

Mix all of the above and when cool, add the beaten egg whites of the eggs. Set casserole in hot water and bake in moderate oven 3/4 hour. Top with a meringue or serve with Vaca Valley cream.

F. B. McKevitt

ORANGE PUDDING

1 c. stale bread crumbs	juice of 1/2 orange, plus the rind, grated
1/2 c. sugar	
2 Vaca Valley egg yolks	1/2 c. hot Vaca Valley milk
4 Vaca Valley egg whites	

ORANGE PUDDING (Continued)

Cover the crumbs with the hot milk; add the well beaten egg yolks, rind and juice. Add the sugar to the beaten egg whites and combine. Place in buttered dish. Bake at low temperature 25 minutes.

Serve with this Sauce:

1/2 c. butter

1 c. powdered sugar

Cream.

2 Vaca Valley egg yolks

juice of 1/2 orange

1/4 c. Vaca Valley milk

Cream butter and sugar; add beaten egg yolks and hot milk. Cook over warm water until it is scalding hot. After it is hot, add the juice. Put this sauce on the pudding as you serve it.

F. B. McEvitt

LEMON CAKE PUDDING

1 c. sugar

juice of 1 lemon

3 Tbsp. flour

grated lemon rind

1 to 1 1/2 c. Vaca Valley
milk

3 Vaca Valley egg whites, beaten
until stiff

3 Vaca Valley egg yolks

Mix together in order given. Fold in stiffly beaten egg whites. Turn into buttered baking dish. Place in pan of hot water and bake at 325 degrees 40 to 45 minutes. When top comes above rim, is brown and cracks, it is done. Serve warm or cold, but it is better when warm.

Marjorie Burrell

ICEBOX PUDDING

1/4 lb. butter

1 medium sized can crushed

1 c. sugar

pineapple, well drained

2 Vaca Valley egg yolks

1 c. chopped English walnuts

1 Tbsp. Vaca Valley milk

1 tsp. vanilla

1/2 lb. vanilla wafers

Cream butter and sugar until very light (in mixer). Add egg yolks, milk and cream again; add vanilla. Fold in pineapple and nuts. Put a layer of vanilla wafers and alternate with a layer of mixture until all is used. Be sure mixture ends up as top layer. Refrigerate for 24 hours, but do not freeze. Serve with whipped Vaca Valley cream.

Jean Gregg

ITALIAN PASTRY

1/2 lb. butter	1 Tbsp. vanilla
1/2 lb. shortening	1 pkg. yeast
5 c. sifted flour	2 Vaca Valley eggs, beaten
1/2 c. warm Vaca Valley milk	1 lb. sifted confectioners sugar
	1 Tbsp. sugar

1. Cut flour into butter and shortening until fine like corn meal. Dissolve yeast in milk and sugar; add vanilla. Add to flour mixture. Beat in eggs. Dough should not be sticky. Add more flour if necessary. Knead slightly. Let rise (warm place) in greased covered bowl until double in bulk, about 1 hour. Punch down.

2. On well sugared board or cloth, roll walnut size pieces to pencil size. Fold, roll and double twist. Or, roll a bit thicker for crescents. Bake on ungreased sheets at 375 degrees 12 to 15 minutes. Roll or dust in confectioners sugar and cool on rack. When cool, dust again and store. Six to eight dozen, depending on size. Stores well.

Lydia J. Zazrivy
Vacaville, Calif.

CHESS PIE

1 cube butter	1 c. seedless raisins
1 c. sugar	1 c. chopped walnuts
3 Vaca Valley eggs	1 tsp. vanilla

Cream butter and sugar. Beat in eggs, one at a time. Add raisins, nuts and vanilla. Put in an unbaked pie shell and bake in a 350 degree oven for 40 minutes.

Mrs. Gilmer Richardson

LEMON CHIFFON PIE WITH CRUNCHY CRUST

Crust:

1/2 c. butter	1/4 c. brown sugar
1 c. flour	1/2 c. chopped walnuts

Heat oven to 400 degrees. Mix all ingredients and spread in pan, 2x9x13 inches. Bake about 12 minutes, or golden brown. Take from oven and stir with spoon. Save 1/2 cup for topping. Press rest of mixture on bottom and sides of 9-inch pie pan. Cool.

Filling:

1/2 c. sugar	2/3 c. water
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LEMON CHIFFON PIE WITH CRUNCHY CRUST (Continued)

1 envelope unflavored gelatin 1/3 c. lemon juice
4 Vaca Valley egg yolks, slightly beaten

Meringue:

4 Vaca Valley egg whites 1/2 tsp. cream of tartar
1/2 c. sugar

Blend sugar, gelatin, water, lemon juice and slightly beaten egg yolks thoroughly in a saucepan. Cook over low heat, stirring constantly until mixture comes to a boil. Place pan in cold water and cool until mixture mounds slightly in a spoon, then fold into the meringue. Make meringue by beating egg whites, cream of tartar and adding sugar, a little at a time, until egg whites are stiff and glossy. Pour filling into cooled crust and sprinkle extra crumbs over the top and chill before serving.

Mrs. Hugh Loney

FRENCH CREAM PIE

1/2 c. butter	1 small bottle maraschino
1 c. powdered sugar	cherries, cut in halves
2 Vaca Valley eggs	1/2 c. chopped nuts
1/2 pt. Vaca Valley cream, whipped	1 can crushed pineapple, drained
	1/2 lb. vanilla wafers

Roll wafers fine. Cream butter and sugar; add eggs and cream well. Whip cream and add nuts, cherries and pineapple. In 9 inch square pan, put in layer of wafer crumbs, then layer of egg mixture, then layer of whipped cream mixture. Top with crumbs. Let stand 24 hours in refrigerator. Cut in squares.

Mrs. Duane L. Parks

DREAMY HIGH PUMPKIN PIE FILLING

1 Tbsp. gelatin	1/3 c. Vaca Valley milk
1/4 c. cold water	1/2 tsp. salt
3 Vaca Valley egg yolks	1 tsp. mace
1 c. sugar	3 Vaca Valley egg whites
1 1/3 c. canned pumpkin	1 1/2 c. Vaca Valley heavy cream
3/4 c. moist shredded coconut, toasted	

Soften gelatin in cold water. Beat egg yolks until thick and lemon colored; add 1/2 cup sugar and mix. Add pumpkin, milk, salt and mace. Cook over hot water until thick, stirring constantly (about 10 minutes). Add gelatin, stir until thoroughly dissolved; cool. Beat egg whites stiff; add remaining 1/2 cup sugar gradually,

DREAMY HIGH PUMPKIN PIE FILLING (Continued)

beating after each addition until stiff; fold into cooled pumpkin mixture. Beat 1/2 cup of cream stiff; fold into mixture. Spoon lightly into baked pie shell. Chill in refrigerator several hours or overnight. When ready to serve, beat 1 cup of cream stiff, spread lightly on top of filling. Cut into six pieces. Decorate each wedge with toasted coconut and serve immediately.

Mrs. Gilmer Richardson

RUM CREAM PIE

6 Vaca Valley egg yolks	1/2 c. cold water
1 scant c. sugar	1 pt. Vaca Valley whipping cream
1 envelope gelatin	1/2 c. rum

Make a crumb pie shell. Beat 6 egg yolks until light; add sugar. Soak gelatin in water. Put gelatin and water over low flame and bring to a boil. Pour it over the egg mixture. Whip cream until stiff, fold into egg mixture and flavor with rum. Cool until mixture begins to set. Pour into pie shell. Chill until firm. Garnish with shaved bittersweet chocolate.

Berte A. Shumway

PINEAPPLE REFRIGERATOR PIE

1/2 lb. vanilla wafers, rolled fine	3 Vaca Valley eggs, well beaten
3 Tbsp. melted butter	1/2 c. chopped nuts
1/2 c. soft butter	1 (9 oz.) can crushed pineapple, drained
2 c. powdered sugar	1/2 pt. Vaca Valley whipping cream, whipped

Mix half of the wafer crumbs with the melted butter and line 8x8 inch or similar size pan. Beat sugar and butter until well mixed. Add beaten eggs. Mix well. Spread over crumbs in pan. Sprinkle the chopped nuts over this, sprinkle drained pineapple over all. Over the pineapple, spread the whipped cream and finally, sprinkle the remaining wafer crumbs over the whipped cream. Allow to stand in refrigerator at least 12 hours. Serves 6 to 8.

Mrs. Robert O. Anderson

CITRUS CHIFFON PIE

1 envelope (1 Tbsp.) un- flavored gelatin	1/2 c. lemon juice
1/2 c. sugar	1/2 c. Vaca Valley orange juice
dash salt	1/4 c. water
4 Vaca Valley egg yolks	1/2 tsp. grated lemon peel 1/2 tsp. grated orange peel

CITRUS CHIFFON PIE (Continued)

4 Vaca Valley egg whites	1 baked 9-inch pastry shell
1/3 c. sugar	

Thoroughly mix gelatin, 1/2 cup sugar and salt in saucepan. Beat together egg yolks, fruit juices and water; stir into gelatin mixture. Cook over medium heat, stirring constantly, just until mixture comes to boiling. Remove from heat; stir in peels. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Beat egg whites until soft peaks form. Gradually add 1/3 cup sugar, beating to stiff peaks; fold in gelatin mixture. Pile into cooled baked pastry shell. Chill until firm. Garnish with whipped Vaca Valley cream and thin orange slices, cut in fourths.

Mrs. Gordon F. Irwin

SUE'S STRAWBERRY GLAZE PIE

4 c. fresh strawberries	1 Tbsp. lemon juice
1 c. granulated sugar	1 prebaked pie shell
1/4 tsp. salt	sweetened whipped Vaca Valley
3 Tbsp. cornstarch	cream (optional)

Wash and hull strawberries and drain thoroughly. Arrange 2 cups of these berries (whole) in the bottom of the prebaked pie shell. Crush the remaining berries in a saucepan. Mix sugar, salt and cornstarch; add to the crushed berries. Heat, stirring constantly and cook until mixture thickens. Remove from heat and stir in lemon juice. Cool, then spoon over berries in the shell. Chill until firm and serve with sweetened whipped cream, if desired.

Mrs. Robert H. Anderson (Sue)

GRAHAM CRACKER PIE

1 Tbsp. butter, melted	1/2 c. sugar
12 graham crackers, rolled	

Blend together and line bottom and sides of pie plate. Save half for topping.

Filling:

3 Vaca Valley egg yolks	1/2 c. sugar
1 3/4 c. Vaca Valley milk	2 Tbsp. flour
salt	vanilla

Scald milk in double boiler. Beat egg yolks and dry

GRAHAM CRACKER PIE (Continued)

ingredients. Add to scalded milk and thicken. Add vanilla and pour into cracker shell. Cover with meringue made with egg whites and slowly add 6 tablespoons of sugar. Cover pie mixture and then sprinkle on rest of crumbs. Bake 20 minutes in a moderate oven.

Marjorie Root

OLD FASHIONED PEACH PIE

1 No. 2 size can peaches	large piece of butter
2 Vaca Valley eggs	pinch of salt
1 c. sugar	generous dash of cinnamon
2 Tbsp. flour	

Make a rich pie crust and line 8 inch tin. Cut in halves the halves from can of peaches and place on unbaked crust. Cover quickly with the following custard - Beat 2 eggs and add a cup of sugar, 2 tablespoons of flour, a large piece of butter, pinch of salt, a generous dash of cinnamon and 1/2 cup of peach juice. Bake at 350 degrees. Serve with whipped Vaca Valley cream.

Mildred Chandler
Vacaville, Calif.

CHOCOLATE MARVEL PIE

1 (6 oz.) pkg. semi-sweet chocolate bits	2 Tbsp. sugar
	3 Tbsp. Vaca Valley milk

Melt and blend together over hot water. Cool mixture and beat in:

4 Vaca Valley egg yolks, (one at a time)	1 tsp. vanilla
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Beat 4 Vaca Valley egg whites until stiff. Fold into chocolate mixture and pour into prepared pie shell.

Rose Crabtree

CHEESE CAKE

3 Vaca Valley eggs	vanilla
12 oz. Philadelphia cream cheese	graham crackers
sugar	1 cube butter
1 lemon	1/2 pt. Vaca Valley sour cream

The Filling: Beat well 3 eggs. Add 12 ounces of cream

CHEESE CAKE (Continued)

cheese, 1/2 cup sugar, juice of 1 lemon and 1/2 teaspoon of vanilla. Beat until smooth.

The Crust: Use 1 1/2 cups of graham cracker crumbs, 1 cube of butter (melted) and 1/3 cup of sugar, well mixed. Line pan evenly with crust mix and add filling (9 inch pie pan). Bake in 375 degree oven for 20 minutes. While cooling, mix 2 tablespoons of sugar into 1/2 pint of sour cream and add 1 teaspoon of vanilla. Put mix on top of baked pie and place in 425 degree oven for 5 minutes. Let cool in refrigerator before serving.

Nan Hanson

Vacaville, Calif.

Mrs. Julian Morrison
Suisun

** EXTRA RECIPES **



Give no more to every guest,
Than he's able to digest,
Give him always of the prime,
And but little at a time.



Cakes - Frostings

BAKING HINTS

Creaming Butter and Sugar: In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

After using the oven, leave the door open until oven is cool, so that moisture will not condense and rust the metal.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope. Cut a little piece off the corner.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake.

Do not grease the sides of cake pans. How would you like to climb a greased pole?

To cut a fresh cake use a wet knife.

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds first, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings and such.

When you do not want to heat your oven for a shortcake, make a short biscuit dough with a little sugar added, to a thin batter and bake in a waffle iron.

A good, quick frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla.

To keep crisp cookies crisp, and soft cookies soft, place only one kind in a cookie jar.

Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes a cake very light and shorter. Fresh milk makes cakes close grained and more solid.

For a nice decoration on white frosting, shave colored gum-drops very thin and stick on. They will curl like little roses.

Baking Pans: For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cup cakes at 375 degrees for 18 to 20 minutes; layer cakes at 350 degrees for 30 to 35 minutes, and loaf cakes at 350 degrees for 40 to 45 minutes.

CAKES - FROSTINGS

NEW YORK CARAMEL CAKE

2 1/2 c. sugar	4 tsp. cocoa
1 c. butter	1 tsp. soda
5 Vaca Valley eggs	2 tsp. vanilla
1 c. Vaca Valley buttermilk	1 tsp. baking powder
3 c. flour	1 tsp. salt
5 Tbsp. strong coffee	

Cream butter and sugar. Sift dry ingredients. Beat egg yolks separately. Add egg yolks to creamed mixture. Add dry ingredients alternately with milk. Stir in coffee and vanilla. Fold in egg whites. Bake for 30 minutes at 375 degrees in three 9-inch pans or one large loaf pan.

Mrs. Duane L. Parks

JACK ROBINSON CAKE

2 c. flour	1/2 c. shortening
3 tsp. baking powder	3/4 c. Vaca Valley milk
1 tsp. salt	1 tsp. vanilla
1 1/4 c. sugar	2 Vaca Valley eggs

Topping:

2 Vaca Valley egg whites, beaten stiff	1 c. brown sugar 1/2 c. nuts
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Add brown sugar and nuts to egg whites.

Grease and flour pan. Bake 35 minutes at 350 degrees.

Mrs. Duane L. Parks

BUTTERFLY FROSTING

1 Vaca Valley egg white	1/2 c. boiling water
1 c. sugar	1 tsp. lemon extract
1/2 tsp. cream of tartar	

Combine egg white, sugar and cream of tartar in small mixing bowl. Add boiling water. Beat at high speed until thick and fluffy.

Mrs. Duane Parks

AUNT PEGGY'S CHOCOLATE CAKE

6 Tbsp. cocoa	1 c. hot water
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AUNT PEGGY'S CHOCOLATE CAKE (Continued)

Mix cocoa and hot water. Cook until creamy. Cool.

1 3/4 c. white sugar 1/4 c. butter

Cream butter and sugar. Add 3 beaten Vaca Valley egg yolks. Add:

1/2 c. Vaca Valley sour milk with 1 level tsp. soda	vanilla salt 2 c. flour
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Add cool chocolate mixture. Beat 3 Vaca Valley egg whites to which has been added 1 teaspoon of baking powder. Grease 2 large 9 or 10 inch pans. Makes large 9 or 10 inch cake. Bake at 350 degrees for 1 hour.

Mrs. Duane L. Parks

YUM YUM CAKE

1 c. flour	1 Vaca Valley egg
1 c. sugar	1 tsp. salt
1 tsp. soda	1 can fruit cocktail

Bake in 9 inch square pan, greased and floured, at 350 degrees for 45 minutes.

Topping:

1/2 c. brown sugar 1/2 c. nuts

Mrs. Duane Parks

APPLESAUCE CAKE

1 c. fat	1 tsp. vanilla
2 c. sugar	1/2 tsp. salt
2 c. applesauce	1 c. raisins
2 tsp. cinnamon	1/2 c. nuts
1 tsp. cloves	3 1/4 c. flour
1 tsp. nutmeg	2 tsp. soda

Cream fat and sugar. Add rest of ingredients in given order. Beat well and pour into a greased and floured pan (tube). Bake 50 to 60 minutes in a slow oven, 350 degrees, or until it breaks away from sides of pan.

Rose Crabtree

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ORANGE-WINE CAKE

1/2 c. butter or margarine	2 c. sifted flour
1 c. sugar	1 tsp. soda, sifted
2 Vaca Valley eggs, beaten	1/2 tsp. salt, sifted
1 tsp. vanilla	1 c. Vaca Valley sour milk (or
1 orange rind, grated	1 c. regular Vaca Valley milk
1 c. whole seedless raisins	plus 3 drops vinegar)
1/2 c. walnuts, chopped	

Cream butter and sugar; add eggs, vanilla, rind, raisins, and walnuts. Sift flour with soda and salt; add to mixture alternately with sour milk. Bake in a greased 8 or 9 inch square pan at 350 degrees for 30 to 40 minutes.

Wine Icing:

1/3 c. sweet soft butter	2 c. confectioners sugar
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Mix. Add sherry wine slowly, beating well. When desired consistency, spread on cooled cake. This is especially tasty during fall or winter holidays.

Mrs. J. Clinton Peterson

POTATO CAKE

1 1/2 c. sugar	1 c. Vaca Valley milk
2/3 c. butter	1 tsp. cinnamon
4 Vaca Valley eggs	1 tsp. cloves (scant)
1 c. chocolate	1 tsp. nutmeg
1 c. hot mashed potatoes	1 tsp. baking powder
2 1/2 c. flour	1 c. walnuts

Cream butter and sugar; add well beaten eggs and chocolate. Add hot potatoes, spices, milk, flour, walnuts and baking powder last. Turn into 9x12 inch pan, greased and floured. Bake 45 minutes in 375 degree oven. Put butter frosting on while still slightly warm.

Phyllis Eldredge
Vacaville, Calif.

WALDORF ASTORIA CAKE

2 c. flour	4 Tbsp. cocoa
1 c. sugar	1 c. water
1 1/2 tsp. soda	1 c. mayonnaise (Kraft's recommended)
1 1/2 tsp. baking powder	2 tsp. vanilla

Mix in one bowl dry ingredients; add water, mayonnaise

WALDORF ASTORIA CAKE (Continued)

and vanilla until smooth. Bake as layer cake or sheet cake 35 minutes at 350 degrees. Let cool 10 minutes and top with your favorite icing.

Mrs. Wm. P. Tichenor

MABEL'S CLOVE CAKE

1 c. Vaca Valley sour cream	3 Vaca Valley eggs
3/4 c. butter	1 tsp. soda, dissolved in warm water
2 c. brown sugar	1 Tbsp. cloves
2 1/2 c. flour	1 Tbsp. cinnamon
	1 c. raisins

Cream butter and sugar; add eggs. Alternate flour and cream. Add spices and soda. Bake in square tin at 325 degrees.

Mildred Chandler
Vacaville, Calif.

LADIES AID CAKE

1 1/2 c. flour	2 Vaca Valley eggs
1 scant c. sugar	2 tsp. baking powder
1 tsp. vanilla	6 Tbsp. melted butter

Break eggs in 8 ounce cup and fill up with Vaca Valley milk. Soften butter and mix with sugar. Add eggs and milk alternately with flour to sugar mixture. Bake in two layers at 375 degrees.

Mildred Chandler
Vacaville, Calif.

CHOCOLATE FUDGE LAYER CAKE

3/4 c. soft butter	3 Vaca Valley eggs, separated
1/2 c. ground chocolate (Ghirardelli's) or cocoa	2 1/4 c. sifted cake flour
1 1/2 c. sugar	3 tsp. baking powder

1 c. ice water

Beat ground chocolate into butter. Gradually beat in sugar. When fluffy and lighter in color, beat in egg yolks, one at a time. Sift flour with baking powder. Add to creamed mixture alternately with water, a small amount of each at a time, beating smooth with spoon after each addition. (If using cocoa, add 1/2 teaspoon of vanilla). Beat egg whites stiff and fold in. Bake in 2 paper lined round 9-inch cake pans at 300 degrees (slow) 30 to 35 minutes, until a crumb is left on end of toothpick inserted in center of cake.

CHOCOLATE FUDGE LAYER CAKE (Continued)

Let stand in pans a few minutes, then turn out and cool on rack. Frost with a rich chocolate frosting.

The Nut Tree
Vacaville, Calif.

WHITE CRACKER CRUMB CAKE

4 Vaca Valley egg yolks, beaten into 1 c. sugar	1 c. raisins
1/2 c. rolled soda cracker crumbs	1 tsp. baking powder
1 c. chopped nuts	4 Vaca Valley egg whites, stiffly beaten

Mix as listed. Bake for 3/4 hour in 275 degree oven. Use boiled icing or whipped Vaca Valley cream. Makes 3 (9-inch) layers.

F. B. McKeitt
Vacaville, Calif.

GRAHAM CRACKER CAKE

5 Vaca Valley eggs	1 c. chopped walnuts
1 1/2 c. sugar	1 Tbsp. sherry
1 1/2 c. rolled graham crackers	1 tsp. vanilla
	1 tsp. baking powder

Beat the egg yolks well; add the rolled crackers and sugar, nuts and baking powder, then the sherry and vanilla, lastly the stiffly beaten egg whites. Place in two 9-inch cake pans. Bake in 275 degree oven for about 45 minutes. Loosen from the bottom of pan at once, then the cake can be stored in them and used even the next day, when it is put together with whipped Vaca Valley cream at least 1 hour before serving. (Cake pans are to be ungreased).

F. B. McKeitt
Vacaville, Calif.

PRUNE NUT CAKE

1/2 c. shortening	1/2 tsp. nutmeg
1 c. sugar	1/8 tsp. cloves
2 Vaca Valley eggs	1/2 c. liquid from cooked prunes
1 1/2 c. sifted flour	1 tsp. vanilla
1 tsp. baking powder	1 c. chopped cooked prunes
1 tsp. salt	1/2 c. chopped nuts
1 tsp. soda	1 tsp. cinnamon

Cream shortening and sugar and eggs, one at a time; beat

PRUNE NUT CAKE (Continued)

well. Sift together flour, baking powder, salt, soda and spices. Blend flour mixture into creamed mixture alternately with prune liquid, blend in vanilla, prunes and walnuts. Bake at 375 degrees 25 minutes.

Donna Epps

NECTAR RAISIN CAKE

1 c. raisins	1/4 tsp. nutmeg
1 1/4 c. water	3/4 c. sugar
1 2/3 c. cake flour	1/2 c. butter or margarine
1 tsp. baking powder	1 Vaca Valley egg
1/2 tsp. salt	1 c. chopped walnuts
1 tsp. cinnamon	1/2 tsp. soda
1/2 tsp. allspice	1/2 tsp. vanilla
1/2 tsp. cloves	

Cover raisins with water and simmer 10 minutes. Drain raisins, saving 3/4 cup of the liquid. Sift flour, measure and sift again with baking powder, salt and spices. Cream butter or margarine, add sugar gradually and cream until light and fluffy. Drop in egg and beat until smooth. Stir in raisins and nut meats. Dissolve soda in hot raisin water. Add dry ingredients and raisin water alternately to the creamed mixture, starting and ending with dry ingredients. Stir in vanilla. Grease two round 8-inch layer pans and spoon in batter. Bake at 350 degrees for 30 minutes. Turn cake out of pans, cool and frost. Serves 10 to 12.

Good with lemon butter frosting or vanilla butter frosting.

Mrs. Chester E. Peterson

GERMAN SWEET CHOCOLATE CAKE

1 pkg. Baker's German's sweet chocolate	1 tsp. vanilla
1/2 c. boiling water	2 1/2 c. sifted Swans Down cake flour
1 c. butter, margarine, or other shortening	1 tsp. baking soda
2 c. sugar	1/2 tsp. salt
4 Vaca Valley egg yolks, un-beaten	1 c. Vaca Valley buttermilk
	4 Vaca Valley egg whites, stiffly beaten

Melt chocolate in 1/2 cup of boiling water; cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating after each. Add vanilla and chocolate; mix until blended. Sift flour with soda and salt. Add sifted dry ingredients alternately with buttermilk to chocolate mixture, beating after each addition until batter is smooth. Fold in stiffly beaten egg

GERMAN SWEET CHOCOLATE CAKE (Continued)

whites. Pour batter into three (8 or 9 inch) layer pans, lined on bottoms with paper. Bake in moderate oven (350 degrees) for 30 to 40 minutes; cool. Frost top and between layers with Coconut-Pecan Frosting.

Coconut-Pecan Frosting:

1 c. evaporated milk	1 1/3 c. (about) Baker's Angel
1 c. sugar	Flake coconut
3 Vaca Valley egg yolks	1 c. chopped pecans
1/4 lb. butter or margarine	1 tsp. vanilla

Combine milk, sugar, egg yolks, butter or margarine and vanilla in a saucepan. Cook over medium heat, stirring constantly until mixture thickens, about 12 minutes. Remove from heat. Add coconut and pecans. Beat until cool and of spreading consistency. Makes enough frosting to cover tops of three (8 or 9 inch) layers, about 2 1/2 cups.

Margaret Lewis

CRAZY CHOCOLATE CAKE

1 1/2 c. flour	1 tsp. soda
1 c. sugar	3 Tbsp. cocoa

Sift in pan (flat). Make 3 mounds. Into these, add:

1 tsp. vanilla	6 Tbsp. salad oil
1 Tbsp. vinegar	

Pour over 1 cup of cold water. Stir with fork (do not over-beat). Bake at 325 degrees for 30 minutes.

Mrs. Duane Parks

EASY LEMON CAKE

1 pkg. Duncan Hines yellow cake mix	4 Vaca Valley eggs
1 pkg. lemon jello	3/4 c. salad oil
3/4 c. water	2 c. powdered sugar juice of 2 lemons

Mix cake mix and jello; add water and eggs. Beat at medium speed for 3 minutes. Add oil and mix thoroughly. Pour into a 9x13x2 inch pan and bake at 350 degrees for 35 to 40 minutes. Remove from oven and poke holes all over with a fork. Combine sugar and lemon juice and pour over cake. Good hot or cold.

Martha Orr - Vacaville, Calif.

ANGEL CUPCAKES

1/4 c. Pet milk	1/4 tsp. salt
1/4 c. water	4 Vaca Valley egg whites
2 Tbsp. shortening	1/4 tsp. cream of tartar
1 c. sifted cake flour	1 tsp. vanilla
1 tsp. baking powder	1 c. sugar

In top of double boiler, scald the Pet milk, water and shortening. Sift the flour, baking powder and salt together. Beat the egg whites until frothy; add the cream of tartar and continue beating until stiff. Stir the hot milk mixture into the sugar. Add flour mixture and beat well. Fold in egg whites. Put in cupcake pans and bake 25 to 30 minutes in 350 degree oven. Frost with favorite frosting.

Pat Cannon

SIMPLE UPSIDE DOWN CAKE

3 Vaca Valley eggs, separated	1 tsp. baking powder
1 c. sugar	4 to 8 Tbsp. butter
1/3 c. juice	1/2 to 1 c. brown sugar fruit
1 c. flour	

Beat egg yolks. Add sugar and juice. Fold in flour and baking powder. Fold in beaten egg whites. In either a round 10 inch iron frypan or rectangular Pyrex baking dish melt butter, mix in sugar and arrange fruit. Pour on batter. Bake at 350 degrees 40 minutes, or until toothpick done. Turn upside down on plate or platter. Pineapple juice and pineapple, or orange juice and apricots are good. This is suitable for most diets. Can be made richer by more butter and brown sugar.

Mrs. James Wiggins
Dixon, Calif.

CARAMEL MARBLE CAKE

2 1/4 c. cake flour, sifted	1/2 c. shortening
3 tsp. baking powder	1 c. Vaca Valley milk
1 tsp. salt	1 tsp. vanilla
1 c. sugar	2 large Vaca Valley eggs
1/2 c. brown sugar	1 sq. chocolate, melted

Preheat oven to 350 degrees. Grease and flour two 9-inch cake pans. Sift cake flour, baking powder, salt and granulated sugar together. Add brown sugar, shortening, milk and vanilla. Beat 2 minutes by electric beater, then add the 2 eggs and beat 2 more minutes. To one-half of the batter, add the chocolate. Place

CARAMEL MARBLE CAKE (Continued)

alternate spoonfuls of light and dark batters in prepared pans. Draw a knife back and forth through the cake batter to marble it. Bake for 30 minutes.

Pat Cannon

FROSTY DATE CAKE

4 Tbsp. shortening	1 c. sugar
1 c. chopped dates	1 Vaca Valley egg, beaten
1 c. boiling water	1 1/4 c. sifted flour
1/2 tsp. salt	1 tsp. soda
1/2 c. chopped nuts	1 tsp. vanilla

Topping:

2 Tbsp. shortening	1/4 c. flour
1/2 c. chopped nuts	1/4 c. sugar

Mix dates, boiling water and shortening. Add salt, sugar and beaten egg. Sift flour and soda together and add to date mixture. Beat well. Add vanilla and nuts. Pour into paper lined long loaf pan. Sprinkle batter with Topping made by blending shortening with flour, sugar and nuts. Bake in moderate oven, 350 degrees, for 60 minutes.

Pat Cannon

CHERRY CAKE

1 c. sugar	1 c. flour
1 Vaca Valley egg	1 tsp. soda (in a little hot water)
1 c. pie cherries	1 tsp. vanilla
1/2 c. nuts	

Bake in loaf pan 20 to 30 minutes in 350 degree oven.

Trudy Lucas

POPPY SEED CAKE

1 c. shortening	1 c. Vaca Valley sour cream (commercial)
1 1/2 c. sugar	
1 can (12 oz.) poppy filling	2 1/2 c. sifted flour
4 Vaca Valley eggs, separated	1 tsp. soda
1 tsp. vanilla	1 tsp. salt

1. Cream shortening and sugar until light and fluffy. Add poppy filling. Add egg yolks singly, beating well after each addition. Blend in cream and vanilla.

POPPY SEED CAKE (Continued)

2. Sift dry ingredients gradually, beating well after each addition. Fold in stiffly beaten egg whites.

3. Bake in moderate oven, 350 degrees - tube pan, 1 hour and 15 minutes, or until done - layer pans, 45 minutes, or until done, 9 or 10" pans, two 9" layer pans, greased, lined with wax paper. 4. Decorate by sifting powdered sugar through doily. Use cream filling for layer filling.

Lydia J. Zazrivy
Vacaville, Calif.

MA YONNAISE CAKE

One:

1 c. raisins	2 c. boiling water
1 c. nut meats	

Pour water over above and cool. Add 2 teaspoons of soda when cool.

Two:

3 c. flour	1 1/2 tsp. mixed spices (nutmeg, cinnamon, allspice)
2 c. sugar	
1/2 tsp. salt	6 Tbsp. chocolate

Three: Beat together --

2 Vaca Valley eggs	1 c. salad oil
--------------------	----------------

Add Two gradually to Three, add One all at once. Bake 1 hour at 375 degrees.

Carley Stewart

ICE CREAM SAUCES - AND A FROSTING

Peppermint Sauce: Unwrap 1/2 pound of pink-striped peppermint chews (40 candies). Melt with 1/4 cup of water over low heat, stirring constantly. Cool. Makes 1 1/2 cups fluffy pink topping. Thin with a little cold water, if you wish.

Chocolate Sauce: Break up a 4 1/2 ounce bar (Hershey's) plain milk chocolate. Melt with 1/2 cup semi-sweet chocolate pieces (Nestle's or Baker's) and 1/2 cup warm water in a bowl set in hot water, not hotter than 120 degrees. (That's as hot as you can stand your hand in). Stir often while melting. Cool. Makes 1 cup. Keep in refrigerator.

ICE CREAM SAUCES - AND A FROSTING (Continued)

Chocolate Cake Frosting: Beat 3 Vaca Valley egg whites almost stiff. Beat in 3/4 cup of sifted confectioners powdered sugar; set aside. Into 3/4 cup of soft butter, stir:

3/4 c. sifted confectioners sugar	1/3 c. ground chocolate (Ghirardelli's) or cocoa
2 1/2 Tbsp. flour	

Add beaten egg whites and mix until well blended. Spread on cool cake. Especially good on that Chocolate Fudge Layer Cake, Page 62.

The Nut Tree
Vacaville, Calif.

CARAMEL FROSTING

1/2 c. butter	1 lb. powdered sugar
1 Vaca Valley egg yolk	1 tsp. vanilla
2 tsp. cocoa	3 Tbsp. strong coffee

Cream butter; add sugar and egg yolk, coffee and vanilla. Beat until fluffy.

Mrs. Duane Parks

SWEDISH CREAM FROSTING

2 Tbsp. flour	1/2 c. sugar
1/2 c. Vaca Valley milk	1/2 c. butter

Cook flour and milk until thick. Set aside; cool. Cream sugar and butter mixture. Add cooked flour mixture into the creamed sugar and butter. Beat until thick; add vanilla.

Mrs. Duane Parks

SOUR CREAM FILLING

1 c. Vaca Valley sour cream	1 c. nuts
1 c. sugar	1 c. raisins

Boil above ingredients until thick. Beat and add vanilla. Good between the layers of a spice cake. Frost top of cake with a butter frosting.

Mrs. Ralph Darville
Suisun

RAW APPLE CAKE

1 c. flour	1 c. brown sugar
1 tsp. baking soda	2 Vaca Valley eggs, unbeaten
1/4 tsp. salt	1/2 c. oil
1/2 tsp. cinnamon	1/2 c. chopped nuts
1/2 tsp. nutmeg	2 c. chopped apples

Sift dry ingredients together. Cream eggs and brown sugar together. Add flour mixture to eggs and brown sugar, adding oil until all is mixed together. Mix in apples and nuts last, mixing well. Bake in square pan, well greased, for 30 minutes at 375 degrees. Serve plain or topped with whipped Vaca Valley cream.

Mrs. Thomas Bayley

** EXTRA RECIPES **

CANDIES



COOKIES

A house should have a cookie jar
for when it's half past three
And children hurry home from school
as hungry as can be,
There's nothing quite so splendid
As spicy, fluffy ginger cakes
And sweet milk in a cup
A house should have a mother
waiting with a hug
No matter what a boy brings home
a puppy or a bug
For children only loiter
when the bell rings to dismiss
If no one's home to greet them
With a cookie and a kiss!!

EMERGENCY SUBSTITUTIONS

Ingredient

1 Tbsp. cornstarch (for thickening)

1 whole egg

1 cup fresh sweet milk

1 cup sour milk or buttermilk

1 square unsweetened chocolate (1 ounce)

1 cup honey

1 cup canned tomatoes

Substitution

2 Tbsp. flour (approximately)

2 egg yolks, plus 1 Tbsp. water (in cookies, etc.)
2 egg yolks (in custards and such mixtures)

1/2 cup evaporated milk plus 1/2 cup water
powdered milk plus water (directions on package)
1 cup sour milk or buttermilk plus 1/2 tsp. soda
(decrease baking powder 2 tsp.)

1 Tbsp. lemon juice or vinegar plus enough fresh
sweet milk to make 1 cup

3 Tbsp. cocoa plus 1/2 tsp. shortening

3/4 cup sugar plus 1/4 cup liquid

about 1 1/3 cups cut-up fresh tomatoes, simmered
10 minutes

CANDIES, COOKIES

POLKA DOT MERINGUES

1/4 tsp. salt	1/2 c. chopped nuts
2 Vaca Valley egg whites	2 c. corn flakes
1 c. sugar	1 pkg. chocolate morsels
1/4 tsp. vanilla	

Add salt to egg whites and beat until frothy. Add sugar, about 2 tablespoons at a time and continue to beat until very thick. Beat in vanilla. Fold in nuts, corn flakes and 2/3 of the chocolate bits. Drop by teaspoonfuls on a greased cookie sheet. Top each meringue with 3 or 4 chocolate morsels. Bake in a very slow oven, 300 degrees, for 20 minutes. Makes about 3 dozen.

Mrs. William Orr
Vacaville, Calif.

SWILL COOKIES (Bars)

1/2 c. (1/4 lb.) margarine	2 c. brown sugar
----------------------------	------------------

Heat together until hot. Cool (gives caramel taste). Add:

2 Vaca Valley eggs	1 tsp. vanilla
--------------------	----------------

Beat in:

1 1/2 c. flour	1 c. chopped nuts
2 tsp. baking powder	

Grease and flour pan (about 10x14 or 16 inches). Spread over bottom of pan and bake in 375 degree oven for 20 minutes. Cool some and ice with:

1 1/2 c. powdered sugar	2 Tbsp. Vaca Valley milk
1 Tbsp. butter	1 tsp. vanilla

Spread on and cut in small pieces.

Mrs. Duane Parks

BRANDY BALLS

2 1/2 c. crushed vanilla wafers	1 c. chopped nuts
1 c. powdered sugar	3 Tbsp. corn syrup
2 Tbsp. cocoa	1 1/4 c. brandy

BRANDY BALLS (Continued)

Mix first four ingredients; add syrup and brandy. Mix well. Shape into 1 inch balls. Roll in powdered sugar. Makes three to four dozen.

Mrs. Duane Parks

OLD FASHIONED PULLED MINTS

1 c. water	1/2 tsp. peppermint extract
2 c. sugar	few drops of red or green food coloring
4 Tbsp. butter or margarine	

1. Stir water, sugar and butter in large saucepan over medium heat until dissolved.

2. Cook without stirring until a few drops produce a soft crackable thread (261 degrees on thermometer). Pour into greased tray.

3. When cool enough to handle, sprinkle with extract and coloring. With buttered hands, pull until creamy and almost solid.

4. Cut the long strips into easy eating pieces with scissors. Cool. Store in an airtight container for a few days to mellow.

Mrs. Duane L. Parks

ENGLISH TOFFEE

2 1/2 c. sugar	3 c. walnuts, chopped
3 cubes butter	1 tsp. salt
1 large pkg. chocolate chips	

Add sugar, butter, salt and 1/2 of the walnuts in a saucepan and cook until light brown to 313 degrees on candy thermometer. All the while, stir with a cutting motion. Pour out in a greased cookie sheet. Pour half of chocolate chips on top, melt and spread, over top sprinkle with chopped walnuts. Turn onto a waxed paper and repeat chocolate and nuts on other side. When set and cool, break into pieces.

Mrs. Hugh Loney

SCOTCH TOFFEE

1/3 c. melted butter or margarine	1/2 tsp. salt
2 c. quick rolled oats, uncooked	1 1/2 tsp. vanilla
1/2 c. brown sugar	1 c. semi-sweet chocolate chips 1/4 c. chopped nuts 1/4 c. dark corn syrup

1. Pour melted butter over rolled oats.

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SCOTCH TOFFEE (Continued)

2. Add brown sugar, corn syrup, salt, vanilla, blending well.
3. Pack firmly into greased 7x11 inch pan. Bake in 450 degree oven for 12 minutes, or until rich brown color.
4. When thoroughly cool, turn out of pan, spread melted chocolate on top of candy - sprinkle on nut meats.
5. Chill. Cut in small squares or bars. Store in refrigerator. Makes 36 squares.

Mrs. Duane L. Parks

CANDIED WALNUTS

2 c. sugar	1 qt. walnut halves
2/3 c. Vaca Valley milk	1 tsp. vanilla
2 Tbsp. butter	

Cook sugar, milk and butter together to soft ball stage. Add 1 teaspoon of vanilla; beat slightly. Add walnut halves and mix to cover halves with candy. Spread in greased pan to cool. Break into pieces.

Mrs. Chester E. Peterson

TAFFY

4 c. sugar	2/3 c. water (bring to boil)
1/3 c. vinegar (white)	2 Tbsp. butter

Melt the butter, add sugar, water and vinegar. Stir until sugar is dissolved and boil until mixture turns brittle in cold water. Turn onto buttered pan to cool. Pull until white. Cut in cubes.

Phyllis Eldredge

TIDBITS (For Buffet Table)

1 c. rolled vanilla wafers	1/2 c. bourbon
1 c. powdered sugar	1 1/2 c. chopped nuts
4 Tbsp. cocoa	2 Tbsp. white Karo syrup

Mix all together very well, roll in small balls and cover these with powdered sugar.

Mrs. F. B. McEvitt
Vacaville, Calif.

CHOCOLATE FUDGE

2 c. granulated sugar
10 white marshmallows

1 small can (5 oz.) condensed
milk

Put in heavy skillet. When mixture comes to full boil, start to time - boil 5 minutes, stirring constantly. Pour over (in large bowl):

1 small pkg. Nestle's semi-sweet chocolate chips

1 tsp. vanilla

1 cube good margarine (not butter)

Stir until melted and well blended - smooth. Add 1 cup of walnut meats. Pour into lightly greased pan. Makes 2 pounds.

Mrs. Duane L. Parks

CHOCOLATE FUDGE

2 sq. unsweetened chocolate
2 c. sugar
1/4 tsp. salt
2 Tbsp. white corn syrup

1 c. canned milk
1 tsp. vanilla
3/4 c. nuts

Melt chocolate over hot water in pan in which candy is to be cooked. Add sugar, salt and corn syrup and mix well. Add milk and blend well. Cook rapidly until sugar is dissolved, stirring constantly. Reduce flame and cook slowly to 236 degrees, or until mixture forms a soft ball when dropped into cold water. Cool without stirring until the hand can be held comfortably on the bottom of the pan. Add vanilla. Beat vigorously until thick and creamy. Add nuts, if desired and put into greased pan. Cut into squares when thoroughly cool.

Dorothy Anderson

BUTTERSCOTCH BROWNIES

1 c. brown sugar, firmly packed
1/4 c. Mazola corn oil
1 Vaca Valley egg, unbeaten
1/2 c. chopped nuts

1 tsp. vanilla
2/3 c. sifted cake flour
1 tsp. baking powder
1/2 tsp. salt

Combine sugar and oil. Add egg and beat well. Add nuts and vanilla. Fold in mixed and sifted dry ingredients. Bake in greased square pan, 8x8x2 inches, in moderate oven, 350 degrees, 25 to 30 minutes. Cut in squares while warm. Makes 16 or 25 small.

Elizabeth Averill
Dixon, Calif.

WALNUT SQUARES

1 Vaca Valley egg	1/2 tsp. salt
1 c. brown sugar	1/8 tsp. soda
1/2 tsp. vanilla	1 c. cut up walnuts
1/2 c. sifted flour	

Beat 1 egg until foamy. Beat in 1 cup brown sugar and 1/2 teaspoon vanilla. Sift together and stir in 1/2 cup sifted flour, 1/2 teaspoon salt and 1/8 teaspoon soda. Mix in 1 cup of cut up walnuts. Spread in well greased 8-inch square pan. Bake until top has a dull crust. Cut into squares while warm. Cool and remove from pan.

Temperature: 325 degrees (slow moderate oven).

Time: Bake 25 to 30 minutes.

Amount: Sixteen (2-inch) squares.

Mrs. Ruth Delzell

WALNUT BUTTER BALLS

1 c. ground walnuts, measure after grinding	4 Tbsp. sugar
1 c. flour	1 tsp. vanilla
	2/3 c. soft butter

Use fingers and work into a mass. Pinch off bits and roll in palms of hands into tiny balls about 2/3 the size of a walnut. Bake at 400 degrees 10 minutes. These will brown very little and be careful not to burn.

Mrs. Calvin Winkler

ANISE ICEBOX COOKIES

1/2 c. butter or margarine	1/4 tsp. salt
1 c. sugar	1 1/2 tsp. baking powder
1 Vaca Valley egg	1 tsp. crushed anise seed
1 3/4 c. all purpose flour	

Cream butter or margarine until fluffy; add sugar gradually; beat well after each addition. Add egg and beat well. Sift together dry ingredients; add gradually to first mixture. Add anise. Beat until smooth. Divide the dough into three or four parts. Shape each into a long roll about 2 inches in diameter. Wrap in waxed paper. Chill. Cut into thin slices and bake in hot oven, 400 degrees, about 10 minutes. This makes 40 to 50 cookies. One-half cup of ground nuts may be added with flour, if desired.

Corinne Khamashta

ANISE COOKIES

1 c. sugar	rind and juice of 1 medium orange
1 c. butter	1 c. chopped and roasted almonds
6 Vaca Valley eggs	4 c. flour
1 tsp. salt	4 tsp. baking powder
1/2 c. Vaca Valley milk	1 tsp. anise seed
1 tsp. anise flavoring	

Icing: Mix and cook over medium flame 10 minutes --

2 c. granulated sugar	2 tsp. anise flavoring
1 c. water	

Cream shortening and sugar; add beaten eggs. Add seed and flavoring and juice and rind of orange. Add sifted ingredients alternately with milk. Knead on well floured board and then add chopped almonds. Shape in four long rope like rolls 1 inch in diameter and place on greased cookie sheets. Bake in 350 degree oven until brown, 25 minutes, then slice 1 inch slices. Replace slices on cookie sheet, cut side down and toast in hot oven, 425 degrees, 3 or 4 minutes until lightly browned and then turn on other side and brown. Watch carefully during toasting to make sure that cookies do not burn. The toasting may be omitted, if desired, and the untoasted slice dipped in icing instead. These cookies keep well, especially when iced. Makes 2 dozen slices.

Mrs. Frank Lorenzo

RANGER COOKIES

1 c. shortening	1 tsp. baking soda
1 c. white sugar	2 c. quick oats
1 c. brown sugar	1 c. bran flakes
2 beaten Vaca Valley eggs	2 c. wheaties
2 c. sifted flour	1 c. coconut
1/2 tsp. salt	1 tsp. vanilla
1/2 tsp. baking powder	

Cream shortening and sugars; add beaten eggs. Sift flour with salt, baking powder and baking soda and add to creamed mixture. Add quick oats, bran flakes, wheaties and coconut. Add vanilla. Drop by teaspoons on slightly greased cookie sheet. Bake 15 minutes at 375 degrees.

Mrs. Gilmer Richardson

CHOCOLATE OATMEAL COOKIES

2 c. sugar	1/2 c. Vaca Valley milk
1 1/2 cubes butter or Nucoa	1 tsp. vanilla

CHOCOLATE OATMEAL COOKIES (Continued)

3 c. minute oats	1 small pkg. Toll House chocolate morsels
1 c. chopped nuts	

Bring sugar, butter, milk and vanilla to boil and boil for one minute. While still boiling, pour in oats, nuts and chocolate morsels. Stir well and drop by spoon on waxed paper.

Mrs. Felix Rossi, Jr.

COCOA BARS

1/4 c. butter or margarine	1 c. flour
1 c. sugar	2 Tbsp. cocoa
1 tsp. vanilla	1/4 tsp. salt
2 Vaca Valley eggs	1/2 c. nuts
1/4 c. Vaca Valley milk	

Cream butter; add sugar, vanilla. Beat in eggs. Stir in milk. Sift in dry ingredients. Stir into creamed mixture. Add nuts. Spread in greased 9x9x2 inch pan. Bake at 375 degrees for 20 minutes.

Cocoa Frosting:

1 1/2 Tbsp. cocoa	1 1/2 Tbsp. soft butter
1 Tbsp. Vaca Valley milk	2/3 c. powdered sugar
1/2 tsp. vanilla	

Blend with spoon. Cool cake - cut in bars. Makes 2 dozen.

Mrs. Duane L. Parks

ROSTALAS (Slavic Cookies)

6 Vaca Valley eggs, beaten	2 Tbsp. melted butter
6 Tbsp. sugar	flour
1 tsp. salt	

Beat eggs, sugar and salt until smooth. Add melted butter. Add enough flour to make stiff dough. Knead dough for 5 minutes. Roll out paper thin, cut strips about 2 inches wide and 5 inches long. Fry in deep oil until light brown. Sprinkle with sugar.

Mildred Willeford
Dixon, Calif.

PINEAPPLE COOKIES

2 c. sifted flour	1 tsp. baking powder
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PINEAPPLE COOKIES (Continued)

1 tsp. soda	1/2 tsp. vanilla
1 tsp. salt	1/2 c. crushed pineapple, slightly drained
1/2 c. soft shortening	1/4 tsp. nutmeg
1 c. granulated sugar	1 Tbsp. sugar
1 Vaca Valley egg	

Heat oven to 375 degrees. Sift together flour, baking powder, soda and salt. Mix shortening, sugar, egg and vanilla until creamy. Mix in pineapple, then flour mixture. Drop by teaspoons 2 inches apart onto ungreased cookie sheet. Sprinkle cookies with nutmeg and sugar, combined. Bake until golden, about 10 minutes.

Mrs. Chester E. Peterson

OATMEAL MACAROONS

1 c. shortening	1 tsp. soda
1 c. brown sugar	1/2 tsp. salt
1 c. white sugar	1/2 tsp. cinnamon
1/2 tsp. vanilla	3 c. quick Quaker oats, uncooked
2 Vaca Valley eggs, unbeaten	1/2 c. walnuts, chopped
1 1/4 c. sifted flour	

Beat thoroughly shortening, sugar, vanilla and eggs. Sift flour, soda, salt and cinnamon together and mix thoroughly with creamed mixture. Fold in oats and walnuts. Drop by teaspoon on greased cookie sheets. Bake at 350 degrees 12 to 15 minutes. Cool 2 minutes and remove from cookie sheet.

Marjorie Burrell

FRANGIPANIS

3 Vaca Valley egg whites	2 c. dry coconut
1 c. granulated sugar	1/2 c. crushed pineapple, drained
1 tsp. vanilla	

Beat the egg whites until frothy; add sugar gradually, beating constantly until stiff. Place mixture in top of double boiler and place over boiling water, beating constantly until crust forms around sides of pan. Remove from heat. Add vanilla, coconut and very well drained pineapple. Mix well. Drop by teaspoonfuls on greased baking sheet. Bake at 250 degrees for 30 minutes. Makes approximately 36 cookies.

Mrs. Leland G. Emigh

BANANA-OATMEAL COOKIES

1 1/2 c. sifted flour	1 c. sugar
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BANANA-OATMEAL COOKIES (Continued)

1/2 tsp. baking soda	1 Vaca Valley egg, beaten
1 tsp. salt	3 ripe bananas, mashed
3/4 tsp. cinnamon	1/2 c. chopped nuts
1/4 tsp. nutmeg	1 3/4 c. oats (Quaker oats)
3/4 c. shortening	

Set oven at 400 degrees. Sift together first 6 ingredients into a large mixing bowl. Cut in shortening. Add egg, mashed bananas, nuts and oats. Beat until thoroughly mixed. Drop by teaspoonfuls about 1 1/2 inches apart on an ungreased cookie sheet. Top with whole walnut meats, if desired. Bake 12 to 15 minutes, or until lightly browned. Remove immediately from pan, cool on a rack. Makes 3 1/2 dozen.

Mrs. J. Clinton Peterson

ORANGE DROP COOKIES

3/4 c. shortening	2 1/2 c. flour
1 c. sugar	1/4 tsp. salt
2 well beaten Vaca Valley eggs	1/2 tsp. soda
coconut, if desired	3/4 c. Vaca Valley orange juice

Cream shortening and sugar. Beat eggs until lemon colored and stiff. Add to sugar and shortening. Beat until smooth. Sift flour, soda and salt and add alternately with liquid. Beat smooth after each addition. Drop by teaspoon on greased sheet. Bake in hot oven, 400 degrees, 10 to 12 minutes. If icing is desired, cream together:

1 c. powdered sugar butter, the size of walnut	1 Tbsp. grated orange rind enough condensed milk to make desired consistency to spread
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Mrs. A. Purves Pullen

HERMIT COOKIES

2/3 c. sugar	2/3 tsp. cloves
1/2 c. butter	3 1/2 tsp. baking powder
2 Vaca Valley eggs	1/2 c. chocolate
2/3 c. Vaca Valley milk	1 c. walnuts
1 1/2 tsp. cinnamon	1 c. raisins
1 1/2 tsp. nutmeg	

Cream sugar and butter; add the dry ingredients, then combined milk and eggs. Add enough flour to make like cake dough or

HERMIT COOKIES (Continued)

a little softer. Drop on greased cookie sheet. Bake at 375 degrees about 15 minutes.

Phyllis Eldredge

JUBILEE JUMBLES (Cookies)

1/2 c. soft shortening	2 3/4 c. flour
1 c. brown sugar, packed	1/2 tsp. salt
1/2 c. white sugar	1/2 tsp. soda
2 Vaca Valley eggs	1 c. nut meats
1 c. (undiluted) evaporated milk	1 tsp. vanilla

Mix together and chill 1 hour. Bake and while hot, frost with burnt butter glaze.

Burnt Butter Glaze: Heat 2 teaspoons of butter until brown. Beat in:

2 c. confectioners sugar	1/2 c. evaporated milk
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Mrs. Russell Nelson

FILLED APRICOT COOKIES

3 1/2 c. sifted enriched flour	2 Vaca Valley eggs
1 tsp. salt	1 tsp. vanilla extract
1 c. shortening	Apricot Filling
1 c. sugar	

Sift together flour and salt; cream together shortening and sugar until light and fluffy. Add eggs and vanilla extract; beat well. Add flour mixture to creamed mixture, mixing until well blended. Chill. Roll out 1/8 inch thick on floured board or pastry cloth. Cut half of dough with biscuit cutter and other half with doughnut cutter. Put about 1 teaspoon filling on plain rounds. Cover with doughnut rounds, pressing edges together with fork. Bake on ungreased baking sheets in 400 degree oven for 10 minutes.

Apricot Filling:

1 c. chopped, cooked dried apricots	1/3 c. water
1/2 c. sugar	1/2 c. nuts 2 Tbsp. butter

Cook apricots, sugar and water together until thick.



Lenten or "Holiday" Dishes



Green is the holly,
and red is the berry;
Bring on the fixins,
We'll feast and be merry.



RECIPE FOR A GROWING BOY

Take a spattering of freckles
Across a little nose;
Add a pair of well-scuffed shoes,
Some patched and muddy clothes.

Mix in a sandy crew cut,
Eyes of laughing blue,
Sunburned cheeks, a toothless smile,
Grinning up at you.

Then stir in cuts and bruises,
A pocketful of stones;
And add a large capacity
For lollipops and cones!

Measure shouts and laughter,
Add feet that can't be still;
Tend the mixture well and watch
With loving care until

At last the precious mixture
Is finished, and you can
Be sure that restless little boy
Will be a fine young man!

LENTEN OR "HOLIDAY" DISHES

RECIPE FOR A MERRY CHRISTMAS

Take the crackling, tingling crispness
Of a cold December night
And add two generous parts of snow
That clothes the earth in white,
Then mix the eager wonder
Of a childish pair of eyes
That watch for Santa's reindeer
Through the evening's starry skies,
And a sprig of waxen holly
And don't forget to stir
While adding just a portion
Of the scent of fragrant fir,
And set the mixture now to rise
In the happy warmth of Dreams,
Of Peace On Earth Good Will to Men,
And Holy Stars bright beams,
Now garnish it with shining balls
Of silver, blue and gold,
Then blend in lots of love
And serve with memories of old.
This recipe is tried and True.

Arleen McConnell

DATE AND NUT CAKE (Holiday Cake)

4 Vaca Valley eggs	1 c. flour
1 c. sugar	1 tsp. vanilla
1/4 tsp. salt	4 c. whole nuts
1 tsp. baking powder	2 lb. whole dates

Beat eggs until very light. Add sugar gradually. Add salt, baking powder and flour, vanilla. Mix well and pour over 4 cups whole nuts and 2 pounds of whole dates. There is very little liquid. Bake in moderate oven 1 hour in frying pan lined with wax paper. Stores indefinitely.

Donna Epps

MYSTERY PUDDING

1 c. flour	1/4 c. syrup from fruit cocktail
3/4 c. sugar	1 1/2 c. drained fruit cocktail
1 1/2 tsp. soda	1 Vaca Valley egg, unbeaten
1/2 tsp. salt	1/2 c. walnuts
1/2 c. brown sugar	

MYSTERY PUDDING (Continued)

Sift first 4 ingredients together. Add brown sugar, syrup and egg. Blend well. Stir in fruit and walnuts. Spread batter in dish, sprinkle with 1/2 cup brown sugar. Bake at 325 degrees 50 to 60 minutes. Serve with whipped Vaca Valley cream.

Mrs. Calvin Winkler

DARK FRUIT CAKE

2 c. sugar	1/2 c. cherries, candied
1 lb. butter	2 tsp. baking powder
10 Vaca Valley eggs	1 c. molasses
4 c. flour	1 tsp. mace
2 lb. raisins	4 tsp. nutmeg
2 lb. currants	3 tsp. allspice
1 lb. citron	2/3 c. brandy
1/2 c. sliced blanched almonds	1/3 c. sherry
1/2 c. lemon peel, candied	2 Tbsp. cinnamon
1/2 c. orange peel, candied	2 tsp. cloves

Cream butter and sugar until light and fluffy. Add eggs, one at a time and beat well. Mix all fruit and nuts in large pan and mix with about 1/2 cup of the flour. Add remaining flour and other dry ingredients to sugar mixture; add molasses and liquor. Pour batter mixture over fruit and mix well. (It is best done with the hands). This makes 3 medium size loaf pans or 6 small (1 pound) cans, good for gift giving. Line pans with foil and grease slightly. Pour in mixture, pressing down well in corners. Bake at 275 degrees 2 1/2 hours, or until done.

E. Glashoff

WHITE POUND FRUIT CAKE

1 c. butter	1/2 c. sliced candied pineapple
1 c. sugar	2 1/2 c. sifted flour
5 Vaca Valley eggs, unbeaten	1/2 tsp. salt
1 c. sliced candied cherries	1 tsp. baking powder
1/2 c. sliced citron	1 tsp. grated lemon rind
1/2 c. sliced orange peel	1 Tbsp. lemon juice
1/2 c. sliced blanched almonds	

Work butter until creamy. Add sugar gradually; work until light. Add eggs, one at a time, beating well after each addition. Combine fruits and nuts and 1/2 cup of the flour. Sift together remaining 2 cups of flour, salt and baking powder. Add to egg mixture with lemon rind and juice. Fold in fruit mixture. Place in greased 10x5x3 inch loaf pan lined with foil. Bake 1 3/4 hours

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FAIRFIELD, CALIF.

WHITE POUND FRUIT CAKE (Continued)

at 275 degrees, or until done. Makes 3 pound loaf.

E. Glashoff

FRUIT CAKE

1 lb. almonds (blanched)	2 c. dates
1 lb. shredded citron	2 c. pecans
1 1/2 lb. lemon peel	1 c. walnuts
1/2 lb. orange peel	1 lb. currants
2 lb. seeded raisins	1 lb. candied cherries
1 lb. candied pineapple	1 c. molasses
1 glass brandy	1 lb. flour
1 lb. butter	4 tsp. cinnamon
1 lb. brown sugar	1/2 tsp. allspice
12 Vaca Valley eggs	2 tsp. nutmeg
1 glass blackberry jam	1/2 tsp. cloves
2 c. figs	2 tsp. salt

Note: We now substitute 4 pounds of the prepared candied fruits for the citron, peel and candied cherries.

Chop nuts, add to candied fruits, raisins and currants. Add brandy, jam and spices. Cream butter; add sugar, molasses and beaten eggs (beaten together until foamy) and pour over fruit mixture. Add dry ingredients and mix thoroughly. A little more flour may be needed or a little more brandy. What dough there is should be fairly stiff, not runny.

Grease pans very well. Line with wax paper and grease the paper. Fill pans two-thirds full and bake in a 275 degree oven until firm, or until a straw comes out clean, probably 2 to 3 hours, depending on size of pan. Turn cakes on rack to cool, remove paper and while cake is still warm, pour about 1/4 cup brandy slowly over top of each cake. This must be done very gradually. When cold, wrap in waxed paper and place in airtight container.

Betty Hale

CARROT PUDDING

1 c. white sugar	1 c. raisins
1 c. flour	1 c. currants
1 tsp. baking powder	1 c. ground carrots
1 tsp. salt, cinnamon, cloves, allspice and nutmeg	1 c. ground apple
2 Vaca Valley eggs	1 c. ground suet
	1 c. ground raw potatoes

Boil in sealed can for 2 hours or more.

CARROT PUDDING (Continued)

Sauce:

2 Vaca Valley eggs, beaten	1 1/2 Tbsp. powdered sugar
1/2 cube soft butter	sherry to flavor

Donna Epps

HOLIDAY MINCEMEAT PIE

Bake one pie shell.

Filling:

1 large (8 oz.) pkg. Philadelphia cream cheese	1/2 pt. Vaca Valley heavy cream, whipped
1/2 c. powdered sugar	1 large jar mincemeat
1 tsp. vanilla	

Cream cheese, powdered sugar and vanilla until light and fluffy. Fold in whipped cream. Spread in cooled baked pie shell. Spread mincemeat over mixture and chill in refrigerator for at least 12 hours.

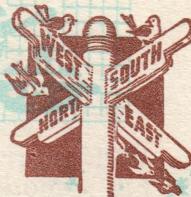
Mrs. Fred A. Tomasini

** EXTRA RECIPES **

Recipes

from

Foreign Countries



COOKING TERMS

AU JUS: With natural gravy.

ASPIC: This denotes a savory jelly made from stock or from tomato juice with gelatin.

AU GRATIN: Means covered with cheese or crumbs or both and baked.

BASTE: To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER: Until a fork or skewer can easily be inserted.

BLEND: To mix well.

BISQUE: A white soup made of shell fish.

BOUILLON: A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

CAFE AU LAIT: Equal parts of coffee and milk.

CANAPE: Small open appetizer, served as first course.

CHARLOTTE: A pudding made of bread or cake covered with fruit or gelatin.

CHILL: To place food in the refrigerator until cold, not frozen.

CREAM: To mix shortening in bowl until it is soft and light.

CROQUETTES: A savory mince of meat or fish made with a sauce into shapes.

CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

ENTREE: A light dish served between courses at dinner.

FONDUE: A light preparation of cheese and eggs.

FRAPPE: Partly frozen.

FRICASSEE: A dish of any boiled meat served in a rich milk sauce.

GLAZE OR GLACE: Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

HORS D'OEUVRES: Appetizing side dishes such as olives, radishes, celery and pickles.

JULIENNE: Cut in fine strips or strings.

KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

MARINATE: To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

PIQUANT: A sharp sauce.

PUREE: Food boiled to a pulp and put through a sieve.

SAUTE: To cook gently in a small amount of fat.

SCALD: To heat milk product until scum forms over top (196 degrees F. — not boiling).

RECIPES FROM FOREIGN COUNTRIES

CHOP SUEY

1 lb. round steak, cubed 1 lb. pork steak, cubed

Brown meat and put in cooker. Add celery, onions and salt.
Cover with water and cook until tender. Add:

1 can bean sprouts 2 Tbsp. Bead molasses or sub-
1 can mushrooms stitute
1/2 bottle chop suey sauce

Cook thoroughly and serve over rice and/or Chinese noodles.

Mrs. Russell Nelson

JAJI MAHSHI KHAMASHT AILET (Stuffed Chicken by the Khamashta Tribe)

1 (3 lb.) roasting chicken,
well cleaned 2 Tbsp. soft butter
Rice Arabian 1 tsp. salt
1 clove garlic 1/4 tsp. black pepper

Wash chicken well inside and out. Mash 1 clove garlic and mix well with 2 tablespoons of soft butter, 1 teaspoon salt and 1/4 teaspoon black pepper. Rub this mixture well over the outside and inside of the chicken. Stuff the chicken with the Rice Arabian. It can be packed fairly tight. Place on roasting pan and put in 400 degree preheated oven for 1/2 hour. Turn oven down to 325 degrees and bake for 1 1/2 hours more.

Rice Arabian:

1/2 c. Cappellini (the finest
macaroni) 1 3/4 c. hot water
1 Tbsp. Fluffo pinch of nutmeg
1 c. regular long grain
rice, uncooked 2 tsp. curry
 1 tsp. salt

Break up 1/4 cup Cappellini in short pieces. Melt 1 tablespoon of Fluffo in a heavy saucepan and brown the Cappellini in the shortening. Add 1 cup of rice and toast a bit. Add 1 3/4 cups of very hot water from the faucet. Add spices, a pinch of nutmeg, 2 teaspoons of curry and 1 teaspoon of salt. Cover closely and simmer very slowly for 25 minutes. Serves about 6.

Special Note: With the specified amount of water the rice may not be as moist as you like it. In time, you will vary the recipe to your taste. Use this often instead of potatoes with the meal. A Khamashta Family Recipe.

INDIA CHICKEN CURRY

1/2 c. finely chopped onion	2 c. rice, cooked
1/2 c. finely chopped celery	2 c. chicken broth
4 Tbsp. butter	1 c. tomato juice
1/3 c. flour	1 tsp. Worcestershire sauce
4 c. diced cooked chicken	curry powder to taste

Simmer onion and celery in the butter until yellow; add flour and mix thoroughly. Add the stock and cook until smooth and thick, stirring constantly. Add tomato juice, seasonings and chicken. Serve over boiled rice.

Marjorie Burrell

BEEF TERIAKI

(Serves Four)

2 lb. cross rib roast, sliced 1/4 inch or thinner, if possible	1/8 c. Wesson oil
1/2 c. Kikkoman soy sauce	1/4 tsp. salt
1/4 c. brown sugar	1/2 tsp. ginger
	1 or 2 cloves chopped garlic
	1 stalk green onion, chopped
	1/4 c. (or slightly less) cane sugar

Mix ingredients well. Marinate roast for about 2 to 3 hours. Cook over charcoal (start charcoal about 30 minutes before).

Note: Allow 1/2 pound of any boneless roast per person.

Hint: Suggest butcher partially freeze roast before slicing.

Nan Hanson
Vacaville, Calif.

GEORGE'S HUMMUS

(A Bean Dip)

4 c. precooked garbanzo beans	1/2 tsp. salt
2 fresh lemons	olive oil
1 c. chopped parsley	French bread

Grind 4 cups of precooked garbanzo beans with 1 cup of chopped parsley. This must be finely ground to a paste. Add the juice of 2 lemons, 1/2 teaspoon salt and mix well. Place mix in a flat salad bowl and carefully pour a ring of olive oil around it. Also make a slight depression in the center of the mix and pour a bit more oil there. Use pieces or slices of French bread to scoop mix from the bowl, catching a bit of oil as you dip.

George Khamashtha

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Vacaville, Calif.

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George Khamashta

ITALIAN CHICKEN, DELICIOUS

1 chicken, quartered	1 clove garlic, minced
1 cube butter	3 pinches rosemary
3 Tbsp. olive oil	flour
salt and pepper	1 glass white wine

Place chicken in deep roasting pan, add butter, olive oil, salt, pepper, garlic, rosemary and sprinkle with flour. Cook for 1/2 hour uncovered in 375 degree oven. Add wine and continue cooking until done, about 15 minutes longer. Add water, if chicken gets dry during cooking. Serves 4.

Bobbe Lewis

CHICKEN CHOW MEIN CASSEROLE

1 large can chicken, cut up	1 c. diced celery
13 1/2 oz. can crisp Chinese noodles	1 c. diced onions
1 can mushroom soup	salt and pepper to taste
1/4 c. water	1 small can water chestnuts, cut up (optional)

Mix all ingredients, adding noodles last. Bake for 30 minutes at 350 degrees.

Elsada Glashoff

GUGELHOPH CAKE (Recipe From Switzerland)

1 c. butter or shortening	1 tsp. salt
4 Vaca Valley eggs	1 1/2 c. sugar
1/2 c. Vaca Valley milk	grated rind of 1 lemon
1 tsp. vanilla	1/2 c. chopped nuts
3 c. flour	1/2 c. raisins
4 tsp. baking powder (4 Royal or 3 Calumet)	1 generous Tbsp. rum or brandy

Cream butter; add one egg at a time, beating well after each addition. Sift flour, sugar, salt and baking powder together. Add to creamed mixture alternately with milk (in thirds), add vanilla. Scrape beaters, then add rum or brandy and beat another minute. Fold in chopped nuts, raisins and lemon rind by hand. Bake in a greased Gugelhoph or heavy cake mold, at 350 degrees for 1 hour. Let stand 5 minutes in pan. Invert on wire rack. When cool, dust with powdered sugar.

Mrs. Rudy Werner
Vacaville, Calif.

Men Only



When temperatures soar and I'm weak from the heat,

There's one consolation, I still love to eat.

HOW TO PRESERVE A HUSBAND

First, use care and get one. Not too young; but tender and a healthy growth. Make your selection carefully and let it be final. Otherwise they will not keep. Like wine they improve with age. Do not pickle or put in hot water. This makes them sour. Prepare as follows: Sweeten with smiles according to variety. The sour, bitter kind are improved by a pinch of salt of common sense. Spice with patience. Wrap well in a mantle of charity. Preserve over a good fire of steady devotion. Serve with peaches and cream. The poorest varieties may be improved by this process and kept for years in any climate.

MEN ONLY

MEN COOKING

By Miriam Dewey

Oh, some men cook
By rule and book
And follow a recipe with precision
Adjusting a stew
To serve just two
Is an intricate problem in long division.

The meat to an accurate ounce they weigh,
And quarter exactly a leaf of bay
Alarm clocks are set for the moment to taste
They shudder at phrases like "season to taste!"

But other men pitch in
And storm the kitchen
With violent Art and Creative Abandon
Instinct, not reasoning,
Dictates the seasoning -
It's dull to serve dishes that anyone planned on!

Oh, bring on the garlic, the chili, the wine,
If a teaspoon is good, then a tablespoon's fine!
Fling on some tarragon, curry the peas,
Broil the steak with a topping of cheese!

Yes, some men cook
By rule and book,
And others by instinct, by gosh or by guess.
But whoever the male
You can tell without fail
That a woman's the one who will clean up the mess!

STEAK A LA LEBANESE

2 lb. beef tenderloin, or center cut leg of lamb	1/2 lemon (juice) 2 cloves garlic, mashed
1 very large Bermuda onion	1 tsp. salt
2 green peppers	1/2 tsp. pepper
1 small can pimento	1/2 c. Mazola oil (or salad oil)

Line firebox of grill with aluminum foil. Add charcoal, light and burn until grey ashes cover coals and flames have subsided. Make a square of aluminum foil by folding edges up forming a double 1 1/2 inch side on all four sides. Make diagonal folds

STEAK A LA LEBANESE (Continued)

at corners, folding triangular points against sides to form pan. (If one wishes, they may use an outdoor cook out skillet; however, the foil is used in the event one is camping and may be without a skillet). In the foil frying pan place 1/2 cup salad oil and place over fired coals. When oil is hot, add onions, cut into shapes as apple slices. Let brown slightly, then add green peppers (after removing core), cut into long slender slices and allow to cook until tender. Drain water from can of pimento and chop into small pieces and add to skillet - immediately add meat that has been cut into slices like French fries (about 2 inches long and 1/2 inch square). Let this fry with mixture in pan until slightly brown, then add garlic which has been mashed with lemon juice, salt and pepper. (Add more salt to taste, if desired). Let cook for no longer than 3 or 4 minutes. Serve hot. Delicious served with crisp or Vienna bread and wine.

(Winner of National Kaiser Foil Cook Out).

Dr. Philip Rashid

BARBECUED ONIONS

6 medium sized onions, cut in halves or 3/4 inch slices	2 tsp. honey or if the onions are not sweet, add more
1 c. tomato juice	1 1/2 tsp. soy sauce
1/4 c. melted butter	1/2 tsp. salt pepper to taste

Bake in 350 degree oven for 40 minutes. Cover at first and spoon sauce over several times.

Frank McKevitt

EGGNOG

6 Vaca Valley egg yolks	1 pt. rum
1/4 lb. sugar	1 pt. Vaca Valley whipping cream,
2 c. Vaca Valley milk	stiffly whipped

Beat egg yolks until light; beat in sugar until mixture is thick. Stir in milk and rum. Chill 3 hours, pour in large bowl. Fold in whipped cream. Chill 1 hour. Add nutmeg. Serves 10.

Robert O. Anderson

CHICKEN PAPRIKA

Take a fryer or broiler and cut it up. Fry in butter or chicken fat, lightly floured chicken until light brown. Place chicken in open pan in the oven at moderate heat to finish cooking. Add 4 or 5 tablespoons of sauterne to the chicken after it has started to

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PATRONIZE OUR ADVERTISERS

CHICKEN PAPRIKA (Continued)

cook in oven. Make a rich cream gravy (Vaca Valley pastry cream) from the fat left in the frying pan. Add 4 or 5 tablespoons of paprika, or more until gravy is rich in color. Salt and pepper well, then pour over the chicken and let bake for at least 45 minutes. Serve in rice ring. If gravy has been used up by the meat, use more Vaca Valley cream to make additional gravy.

F. B. McKevitt, III

VEAL SCALLOPINI

1 1/2 to 2 lb. veal cutlets or steaks	mushrooms
butter, olive oil	oregano
sauterne, dry	green peppers

Remove all fat and slice veal in thin strips or small cubes. Put olive oil and butter in frying pan with a clove of garlic, cut up, and a little onion. Heat the mixture slowly, letting fat absorb garlic flavor. When hot, remove garlic and fry seasoned veal quickly until golden brown. When this is complete the fire is turned down and cut green peppers are added; as soon as they have browned, salt, pepper, oregano and finally wine (4 or 5 tablespoons), but no water at all. Cover and cook for 20 minutes or so over low flame. Toward the end of this time, add sliced mushrooms and if desired, a few slices of tomato or green peas. Add a little thickening flour or cornstarch. The gravy should never be allowed to become really thick; if you think the dish is not quite ready when it begins to thicken, add a little more wine. The dish is traditionally served with spaghetti, probably potatoes or rice would do just as well.

F. B. McKevitt, III

** EXTRA RECIPE **



Hors d'Oeuvres, Party and T. V. Snacks

If nature did not give you that
which is yours by right,
Just nibble at these dainties to
give you an appetite.

WEDDING ANNIVERSARIES

First Year	Paper
Second Year	Cotton
Third Year	Linen
Fourth Year	Silk
Fifth Year	Wood
Sixth Year	Iron
Seventh Year	Copper
Eighth Year	Bronze
Ninth Year	Pottery
Tenth Year	Tin
Fifteenth Year	Crystal
Twentieth Year	China
Twenty-Fifth Year	Silver
Thirtieth Year	Pearl
Thirty-Fifth Year	Coral
Fortieth Year	Ruby
Forty-Fifth Year	Sapphire
Fiftieth Year	Gold
Fifty-Fifth Year	Emerald
Seventy-Fifth Year	Diamond

HORS D'OEUVRES, PARTY AND T.V. SNACKS

ONION CANAPE

white bread	white boiling onions
Best Foods mayonnaise	paprika
grated Parmesan cheese	

Cut as many rounds of white bread as desired. Place on cookie sheet, toast delicately on one side. Turn over and spread untoasted side with a mixture of the mayonnaise and Parmesan cheese, blended. On top of spread, place a thin slice of white boiling onion (centers). Using a pastry tube with star tip, put a portion of mayonnaise mixture on top of onion, sprinkle with paprika. Just before serving, place under broiler until mayonnaise mixture puffs up slightly. Serve hot.

Mrs. Donald Pinkerton

PUNGENT DIP

1 large clove garlic	2 chopped hard cooked Vaca Valley eggs
1 pt. Vaca Valley sour cream	1 Tbsp. chopped parsley
1 tsp. dry mustard	1 green pepper, chopped
1 Tbsp. grated horseradish	2 Tbsp. chili sauce

Mash garlic clove in sour cream. Add dry mustard, horseradish, chopped eggs; beat well. Add parsley, green pepper and chili sauce. Blend well. Let stand 2 hours before serving.

Mrs. Virgil E. Ragsdale

SHERRY CHEESE DIP

1 c. grated cheddar cheese	1 tsp. instant minced onion
1/2 c. Vaca Valley sour cream	1/4 tsp. dry mustard
1/4 c. California cocktail sherry	1/2 tsp. salt
	generous dash of white pepper

Combine all ingredients. Chill. Serve with crisp assorted crackers. Yield: 1 cup.

Mrs. Virgil E. Ragsdale

CHEESE STICKS

1/2 lb. Tillamook cheese	2 Vaca Valley egg whites
1 1/2 cubes margarine or butter	1 large loaf unsliced bread

CHEESE STICKS (Continued)

Grate cheese and mix with shortening that has been softened. Add egg whites. Beat with mixer. Remove crust from bread and cut into 1 x 2 inch slices and cover with cheese mixture. Bake on cookie sheet 8 to 10 minutes at 400 degrees. Good to make the day before, cover with waxed paper and store in refrigerator.

Ruth A. Saltsman
Vacaville, Calif.

MONKEY MEAT

2 lb. sirloin tip or top round steak	1/3 c. soy
1 c. undiluted beef con- somme (or 1/2 c. each consomme and 1/2 c. red or white wine)	1 1/2 tsp. seasoned salt 1/4 c. chopped green onions with tops 1 clove garlic, minced or mashed 3 Tbsp. lime juice 2 Tbsp. brown sugar or honey

Have the meat 1 inch thick and cut in strips about 3 inches long. Marinate in refrigerator overnight combining the consomme, wine, soy, salt, onions, garlic, lime juice and sugar. Drain meat. Save marinade. Run bamboo or metal skewers through meat and cook right in the living room or patio on a small hibache. Let guests cook their own, about 1/2 minute on each side.

Mrs. Gordon F. Irwin

PARTY SNACKS

1/4 c. melted butter	2 1/2 c. cheerios
1/2 tsp. Worcestershire sauce	2 c. cheese crackers
1/4 tsp. garlic salt	2 c. thin pretzel sticks
1/4 tsp. celery salt	1/2 lb. mixed nuts

Heat oven to 250 degrees, slow. Blend butter and seasonings. Pour over rest of ingredients which have been mixed in a large oblong pan, 13 x 9 1/2 x 2 inches. Stir and salt lightly to taste. Bake 1 hour stirring carefully with wooden spoon every 15 minutes. Makes about 6 cups.

Mrs. Rudy Werner

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

My susceptibility to flattery
Is a disconcerting thing;
If an enemy but praise my tea,
I feast him like a king.



BEVERAGES

They that have no other meat,

Bread and butter are glad to eat.



SANDWICHES

BIRTHDAY STONES AND FLOWERS

Month

January

February

March

April

May

June

July

August

September

October

November

December

Flowers

Snowdrop or Carnation

Primrose or Violet

Jonquil or Daffodil

Daisy or Sweet Pea

Hawthorn or Lily of the Valley

Rose or Honeysuckle

Larkspur or Water Lily

Poppy or Gladiolus

Aster or Morning Glory

Cosmos or Dahlia

Chrysanthemum

Holly or Poinsettia

Stone

Garnet

Amethyst

Bloodstone or

Aquamarine

Diamond

Emerald

Pearl or

Moonstone

Ruby

Sardonyx

Sapphire

Opal or

Tourmaline

Topaz or Citrine

Turquoise or

Lapis Lazuli

BEVERAGES, SANDWICHES

SUMMER PUNCH

1/4 c. sugar	1 Collins mix
1 pt. jar cherries (canned red)	1 Canada Dry
2 c. grapefruit juice	1 qt. ginger ale

Mrs. F. B. McEvitt
Vacaville, Calif.

ICED COFFOLATE

2 sq. chocolate	2 c. boiling coffee
1 Tbsp. cornstarch	2 c. hot Vaca Valley milk
1/2 tsp. cinnamon	1/2 c. sugar

Mix the cornstarch with cold water or coffee, place in double boiler; add the cinnamon, sugar and hot coffee. Stir until thick; add the hot milk. Cool for 15 minutes, then beat until cold. Chill and serve with whipped Vaca Valley cream. Makes a quart. (Used before calories were counted).

Mrs. F. B. McEvitt
Vacaville, Calif.

SHERRY PUNCH

(Used for New Year's Receptions in the 1880 and 90s)

1 lime per person	1 box berries (not frozen)
1 Tbsp. sugar for each lime	1 sliced orange
1 large can grated pineapple	2 gal. sherry

Place ice chunk in punch bowl and add the fruit and then the sherry. Serves about 20 and is more potent than it sounds.

Mrs. F. B. McEvitt
Vacaville, Calif.

HOPE'S TEA ROOM PUNCH

juice of 1 doz. oranges	1 large can sliced pineapple, cut
juice of 1 doz. lemons	1 small bottle maraschino
1 c. very strong tea, cooled and clear	cherries
2 qt. boiling water	3 bottles Canada Dry soda

(Use the juices off pineapple and cherries). Pour over ice.
Should serve 50.

Mrs. F. B. McEvitt
Vacaville, Calif.

AUNT EM'S PUNCH

1/2 gal. Reisling or Chable champagne	8 oz. brandy
10 lemons (squeeze)	1 small can chunk pineapple
3/4 c. sugar made into thick syrup	1 orange, sliced thin as possible
	1/2 basket of strawberries

Make the sugar syrup, add wine and lemon juice and for convenience, store in the wine jugs. Place chunk of ice in bowl; add the fruit and when ready to use, pour over the quart of champagne and wine mixture. This will make 30 cups. Do not use frozen berries, they turn black, do without them if necessary.

Mrs. F. B. McEvitt
Vacaville, Calif.

MINT JULEP

2 qt. water	4 c. washed packed mint leaves
4 c. sugar	

(To make about 1/2 gallon). Boil water and sugar; add leaves. Put on lid firmly to steep. When cold, drain off leaves. Add juice of 6 lemons. Set in refrigerator and use about 1/2 cup for glass and add ice and 7-Up. Strong or mild - whole cup or over.

Mrs. Duane Parks

SLOPPY JOES BARBECUED BEEF SANDWICHES

1 lb. ground beef	2 Tbsp. prepared mustard
3/4 tsp. salt	1 Tbsp. Worcestershire sauce
2 Tbsp. unsulphured molasses	1/8 tsp. Tabasco sauce 1/2 c. catsup

Sprinkle beef with salt. Brown beef in skillet, breaking up with fork. Blend together molasses and mustard; stir in remaining ingredients. Add to beef; heat to serving temperature.

Serve on toasted hamburger rolls. If desired, top with onion rings, 1/4 cup of grated American cheese may be added to heated mixture. Stir until melted. Serves 4.

Dorothy Anderson

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK



Recreation Room - Patio Dining and Group Serving

Welcome
All
Church
Dinner

QUANTITY COOKING

	25	100		25	100
Beef and veal (roasted) 10 lbs.	40 lbs.	Ham (roasted)	10 lbs.	30 lbs.
Beans, baked (canned) 1 No. 10 (dried) 2 1/4 lbs. navy beans		4 No. 10 11 lbs.	Ice Cream	3 quarts	3 gals.
Beans, string (fresh) 5 lbs. (frozen) 3 40-oz. pkgs. (canned) 1 No. 10		18 lbs. 10 40-oz. pkgs. 4 No. 10	Jam or preserves 1 1/2 pints		3 quarts
Beets (fresh) 5 lbs. (canned) 1 No. 10		20 lbs. 4 No. 10	Lettuce (large heads for salad cups) 4 heads		12 heads
Butter (in squares) 1/2 lb.		2 lbs.	Loaf sugar 1/2 lb.		2 lbs.
Cabbage (shredded for salad) 5 lbs.		20 lbs.	Meat Loaf 5 lbs.		18 lbs.
Carrots (cooked) 6 lbs.		24 lbs.	Pork rib roast 10 lbs.		36 lbs.
Cocktail 3/4 gal.		3 gals.	Pork chops and veal cutlets 9 lbs.		30 lbs.
Coffee 1/2 to 3/4 lb.		2 to 2 1/2 lbs.	Peas (fresh) 18 lbs. (frozen) 3 40-oz. pkgs.		70 lbs. 10 40-oz. pkgs.
Corn (canned) 3 No. 2 (frozen) 3 40-oz. pkgs.		2 No. 10 10 40-oz. pkgs.	Potatoes (mashed) 9 lbs. (for scalloping) 7 1/2 lbs.		35 lbs. 25 lbs.
Crackers 1 1/2 lbs.		6 lbs.	Potatoes (for salad) 1/2 pk.		1/2 bu.
Cream for coffee 1 1/2 pints		6 pints	Rolls 4 doz.		16 doz.
Cream for whipping 1 pint		1/2 gal.	Salad dressing (any kind) 1 pint		2 quarts
Fowl (creamed or in salad) 8 lbs.		32 lbs.	Soup 1 1/2 gals.		6 gals.
Fowl (roasted) 16 lbs.		60 lbs.	Sweet Potatoes (canned) 1 No. 10		4 No. 10
			Sweet Potatoes (fresh, served candied) 7 lbs.		24 lbs.
			Tomatoes (scalloped) 1 No. 10		4 No. 10

FRANKFURTERS IN BARBECUE SAUCE

1 1/2 lb. frankfurters	1 c. ketchup
1 medium onion	1 Tbsp. Worcestershire sauce
2 Tbsp. butter	1 tsp. mustard
2 Tbsp. vinegar	1/2 c. chopped celery
2 Tbsp. brown sugar	1/2 c. water
4 Tbsp. lemon juice	

Brown onion in butter. Add remaining ingredients. Add franks and heat on low heat.

Mrs. May Cartwright

BONNE'S BAR-B-Q SAUCE

1/2 c. catsup	2 Tbsp. sugar
3/4 c. vinegar	1 Tbsp. Worcestershire sauce
1 tsp. salt	1 tsp. dry mustard
1 tsp. paprika	1/8 tsp. pepper

Combine all ingredients and blend well. Makes about 1 1/4 cups, or enough to baste two (2 1/2 pound) broilers while cooking. Makes 4 servings.

Mrs. John N. Gojkovich

LEMON BARBECUE SAUCE

1/4 c. melted butter or margarine	1/2 c. lemon juice
1 medium onion, chopped fine	1/2 c. water
2 tsp. salt	4 tsp. brown sugar

1/4 c. melted butter or margarine	1/2 c. lemon juice
1 medium onion, chopped fine	1/2 c. water
2 tsp. salt	4 tsp. brown sugar
	3 Tbsp. chopped parsley

Melt butter in saucepan; add onion and saute until soft. Add remaining ingredients; simmer slowly for about 10 minutes. Heat any remaining sauce after basting and serve with chicken. (A delicately seasoned sauce for poultry or veal).

Marjorie Burrell

LEMON BARBECUED CHICKEN

Sauce:

1/4 c. fresh lemon juice	1/2 tsp. celery salt
1/4 c. melted butter	1/2 tsp. salt
1 clove garlic, minced	1/2 tsp. black pepper
1 small onion, grated	1/4 tsp. rosemary

LEMON BARBECUED CHICKEN (Continued)

1/4 tsp. thyme

1/4 tsp. marjoram

Mix lemon juice and melted butter with other ingredients.
Pour over split broilers and marinate for several hours. Brush
split broilers several times with sauce while broiling.

Jean L. Oxee

VENISON BARBECUE SAUCE

1/3 c. minced onion	3 Tbsp. margarine or butter
1 c. catsup	1/4 c. vinegar
2 Tbsp. brown sugar	1/2 c. water
2 tsp. prepared mustard	1/8 tsp. salt
2 Tbsp. Worcestershire sauce	

Saute onion in butter in saucepan. Add remaining ingredients; simmer for about 10 minutes. Brown venison steaks in frying pan, then pour sauce over them and simmer for about 20 to 30 minutes.

Mrs. Hugh Loney

** EXTRA RECIPES **



Annual Ball Recipes



QUANTITY COOKING

	25	100		25	100
Beef and veal (roasted)	10 lbs.	40 lbs.	Ham (roasted)	10 lbs.	30 lbs.
Beans, baked (canned)	1 No. 10	4 No. 10	Ice Cream	3 quarts	3 gals.
(dried)	2 1/4 lbs. navy beans	11 lbs.	Jam or preserves	1 1/2 pints	3 quarts
Beans, string (fresh)	5 lbs.	18 lbs.	Lettuce (large heads for salad cups)	4 heads	12 heads
(frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.	Loaf sugar	1/2 lb.	2 lbs.
(canned)	1 No. 10	4 No. 10	Meat Loaf	5 lbs.	18 lbs.
Beets (fresh)	5 lbs.	20 lbs.	Pork rib roast	10 lbs.	36 lbs.
(canned)	1 No. 10	4 No. 10	Pork chops and veal cutlets	9 lbs.	30 lbs.
Butter (in squares)	1/2 lb.	2 lbs.	Peas (fresh)	18 lbs.	70 lbs.
Cabbage (shredded for salad)	5 lbs.	20 lbs.	(frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Carrots (cooked)	6 lbs.	24 lbs.	Potatoes (mashed)	9 lbs.	35 lbs.
Cocktail	3/4 gal.	3 gals.	(for scalloping)	7 1/2 lbs.	25 lbs.
Coffee	1/2 to 3/4 lb.	2 to 2 1/2 lbs.	Potatoes (for salad)	1/2 pk.	1/2 bu.
Corn (canned)	3 No. 2	2 No. 10	Rolls	4 doz.	16 doz.
(frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.	Salad dressing (any kind) . .	1 pint	2 quarts
Crackers	1 1/2 lbs.	6 lbs.	Soup	1 1/2 gals.	6 gals.
Cream for coffee	1 1/2 pints	6 pints	Sweet Potatoes (canned) . .	1 No. 10	4 No. 10
Cream for whipping	1 pint	1/2 gal.	Sweet Potatoes (fresh, served candied)	7 lbs.	24 lbs.
Fowl (creamed or in salad)	8 lbs.	32 lbs.	Tomatoes (scalloped) . . .	1 No. 10	4 No. 10
Fowl (roasted)	16 lbs.	60 lbs.			

ANNUAL BALL RECIPES

BUTTERFLY BALL - 1958

MENU

Shrimp Creole

Green Goddess Salad	Rolls
Champagne	Petits Fours

SHRIMP CREOLE (First Ball)

4 Tbsp. butter	1 c. water
1/2 c. onion, chopped	1/4 c. parsley
3 Tbsp. flour	1/4 c. rice
3 c. tomato sauce	1 tsp. chili powder
1 clove garlic	1/4 c. wine (dry white)
1/2 c. celery	1 1/2 c. carrots (small pieces)
1/2 c. green pepper	shrimp
1/4 c. green olives (sliced, stuffed)	

Saute onion in butter. Add flour and make a roux. Add all other ingredients except shrimp and simmer for approximately 1/2 hour. Add shrimp and cook until shrimp turns pink. (Do not over-cook the shrimp as it will become tough).

Cathy Zimmerman

BALL OF THE WILLOW MOON (1959)

MENU

Chicken Kuyshu

Garden Salad	-	Rolls
	Champagne	
Bombe Surprise		Fortune Cookies

CHICKEN KUYSHU (For 12)

Crepes:

3 Vaca Valley eggs	1 tsp. salt
1 1/4 c. flour	2 Tbsp. butter (melted)
1 3/4 c. Vaca Valley milk	

Filling:

CHICKEN KUYSHU (Continued)

3 c. chicken
3 Tbsp. celery

3 Tbsp. onion

Sauce:

1 cube butter
1/2 c. flour
1 c. Vaca Valley milk
(half and half)

1 1/2 c. chicken broth
1/4 c. Chenin Blanc wine
salt and pepper

Crepes: Beat ingredients together. Heat 6 inch frying pan and grease lightly. Pour a small amount of batter in and spread around to make a thin pancake. Cook quickly until golden on both sides.

Filling: Cook chicken, remove meat and dice. Cut up celery and onion and mix with chicken and moisten with a little of the sauce.

Sauce: Melt butter and add flour. Add milk and chicken broth. Add wine and season with salt and pepper.

To assemble: Put some of the chicken mixture on the Crepes and roll up. Put the filled Crepes in a flat baking dish and cover with sauce. Place in 400 degree oven until heated through and sauce is bubbly. When ready to serve, garnish with sliced black olives.

MARE CLAUSAM BALL - 1960

	Salad
	Le Emerald (Green Salad)
Entree	Sea Rolls
Trinidad Treasure (Chicken Hawaii)	Dessert
	Mint Petit
	Champagne

CHICKEN HAWAII

1 (6 lb.) capon
1 onion
celery

1 tsp. salt
1/4 tsp. pepper

Simmer until tender. When done, take meat from bone, put wing and neck back in broth - boil for 1/2 hour. Strain stock and cool - skim off fat. In saucepan, melt 2 tablespoons of butter in 3 tablespoons of flour. Put in 1 cup chicken broth, 1 cup Vaca Valley half and half cream, also white wine, 1/2 cup grated sharp cheese, 1/2 teaspoon salt, pepper, rosemary and basil. Put meat

CHICKEN HAWAII (Continued)

in buttered casserole. Add 1 can of whole sliced mushrooms. Pour sauce over top of meat and bake 25 minutes at 350 degrees. Just before serving, add 2 avocados and bake 10 minutes more. Put 1/2 cup of sliced almonds over top.

1/3 c. wild rice 1 c. brown rice

Cook and add to casserole.

Sauce for Chicken Hawaii:

6 Tbsp. butter	1 1/2 c. Parmesan cheese
9 Tbsp. flour	1 1/2 tsp. salt
3 c. chicken broth	pepper
1 c. sauterne wine	rosemary
	basil to taste

Mrs. Julian Morrison

BIG TOP SMORGASBORD - 1961

Meat Balls	Smoked Turkey	Potato Salad
Gelatin Salad	Cole Slaw	Garbanzo Beans
Relishes	Rolls	Apple Strudle

WATER ROLLS

1 c. warm water	3 1/2 c. sifted flour
1 Tbsp. sugar	2 Tbsp. cooking oil
1 1/2 tsp. salt	2 Vaca Valley egg whites,
1 yeast	beaten stiff
	corn meal

1. In warmed mixing bowl, stir and dissolve sugar, salt yeast in water. Add oil and 1 cup flour; beat smooth. Fold in egg whites. With remaining flour, mix to a moderately stiff dough. On floured board, knead lightly for smooth dough (4 minutes). In a warm place, let rise in covered greased bowl 1 hour or double in bulk.

2. Punch down and cut into 18 pieces. Shape into balls, dip bottoms in corn meal and place on greased sheet 1 1/2 inches apart. Cover and let rise about 50 minutes. Mix egg yolks with 1 tablespoon water and brush rolls. Bake at 400 degrees 15 to 20 minutes. This dough refrigerates well. Baked rolls keep and reheat to original freshness. Lydia J. Zazrivy - Vacaville, Calif.

SOUR CREAM DRESSING (For Slaw)

1 qt. mayonnaise	1/2 c. vinegar
2 c. Vaca Valley sour cream	1 tsp. dry mustard
	salt and pepper to taste

F. B. McKevitt

COEURS DE JOIE BALL - 1962

MENU

Salade Verte	
(Green Salad)	
Roti Prime de Boeuf ou jus	
(Roast Prime Rib)	
Saute Champignons	
(Sauteed Mushrooms)	
Pommes de Terre Tule enrobe	
(Tule Lake Baked Potatoes)	
Epinard a la creme	
(Creamed Spinach)	
Brioche et beurre	
(Buttered Rolls)	
Dessert - Tarte aux cerises	
(Cherry Tart)	
Cafe	

SPINACH CASSEROLE

3 pkg. frozen spinach	1/2 pt. Vaca Valley sour cream
1 pkg. onion soup	

Mix ingredients together. Put in a casserole. Bake in oven 20 to 30 minutes.

Margaret Olson

MEAT

Prime Rib	chili powder (1 tsp. to a side)
Accent	soy sauce

Season meat. Cook slowly in 325 degree oven.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

CALORIE COUNTERS

BEVERAGES

Carbonated Water	XXX c.
Coffee, black, unsweetened	XXX c.
Cocoa, All Milk	1 cup	230 c.
Cola Beverages	1 sm. glass	100 c.
Lemonade	1 sm. glass	75 c.
Tea, plain, unsweetened	1 cup	XXX c.

BREADS, CRACKERS, ROLLS, ETC.

Gluten Bread	1 slice	30 c.
Raisin Bread	1 slice	100 c.
Rye Bread	1 slice	70 c.
Enriched White Bread	1 slice	65 c.
Melba Toast	1 slice	25 c.
Whole Wheat Bread	1 slice	75 c.
Baking Powder Biscuits	1 large or 2 small	100 c.
Saltines	1 double	40 c.
Soda Crackers	1	25 c.
Bran Muffin	1	50 c.
Corn Bread	1 small square	130 c.
French Hard Roll	1 small	80 c.
French Toast	1 slice	130 c.
Gingerbread	1 slice	150 c.

CANDIES

Chocolate Bar - Nut	1	400 c.
Chocolate Bar - Plain	1	350 c.
Chocolate Cream	1	100 c.
Mints	5 very small	7 c.
Popcorn, Plain	1 cup	65 c.
English Toffee	1	25 c.

CEREALS

Corn Flakes	1 cup	132 c.
Cream of Wheat	3/4 c.	100 c.
Oatmeal	3/4 c.	100 c.
Shredded Wheat, biscuit	1	100 c.

DAIRY PRODUCTS AND EGGS

Butter	1 level Tbsp.	100 c.
American Cheese	1 cube 1 1/8 inch	100 c.
Cream	1 Tbsp.	30 c.
Cream, whipped	1 Tbsp., heaping	50 c.
Eggs, boiled	1 average	70 c.
Eggs, fried	1 with 1 tsp. butter	110 c.
Egg white	1	14 c.
Egg Yolk	1	56 c.
Buttermilk	1 c.	88 c.
Whole Milk	1 cup.	170 c.
Oleomargarine	1 level Tbsp.	100 c.

DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake — 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	1/2 cup	250 c.
Sodas — all flavors	1 glass	350 c.
Vanilla Ice Cream	1/2 cup	100 c.
Lemon Ice	1/2 cup	110 c.
Chocolate Eclair	1 small	150 c.
Cream Puffs	1	250 c.
Apple Pie	1/6 of pie	350 c.
Berry Pie — all kinds	1/6 of pie	350 c.
Custard Pie	1/6 of pie	150 c.
Pumpkin Pie	1/6 of pie	150 c.
Bread Pudding	1/2 cup	150 c.
Jello — all flavors	1 cup	75 c.
Tapioca Pudding	1/2 cup	200 c.

FISH AND SEAFOODS

Haddock	average helping	100 c.
Halibut	average helping	115 c.
Lobster	1/2 cup	125 c.
Oysters	1/3 cup	50 c.
Perch	3 medium	80 c.
Salmon (canned)	1/2 cup	100 c.
Salmon (fresh)	1 slice	100 c.
Sardines	4 3-inches long	100 c.
Scallops	6 large	100 c.
Shrimps	10	50 c.
Trout (brook)	2	75 c.
Tuna (canned)	1/2 cup without oil	100 c.

FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	3/4 cup	280 c.
Noodles (cooked)	1/2 cup	60 c.
Pancakes	1	100 c.
Waffles	1	225 c.

FOWL

Chicken (fried)	1 small thigh or leg	150 c.
Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	1/2 — 5 inches diameter	50 c.	
Cranberries (sauce)	1/2 cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	1/2	100 c.
Oranges	1 average	80 c.

MEAT

Bacon (crisp)4 slices	100 c.
Hamburger	1 patty	200 c.
Beef Roast	1 slice	100 c.
Round Steak (lean)	1 piece	100 c.
Fried Ham	1 piece	200 c.
Meat Loaf	1 slice	150 c.
Pork Chop	1 medium, lean	200 c.
Spareribs	1 piece, 4 ribs	150 c.
Frankfurter	1 small	100 c.

SALADS

(Without Dressing)

Cabbage, celery, pineapple	average helping	70 c.
Cabbage Slaw	average helping	35 c.
Fruit Gelatin	average helping	110 c.
Potato	average helping	220 c.
Tomato and Lettuce	average helping	35 c.
Waldorf	average helping	100 c.

SALAD DRESSINGS

Boiled Dressing1 Tbsp.	50 c.
Cream Dressing1 Tbsp.	50 c.
French Dressing1 Tbsp.	75 c.
Mayonnaise1 Tbsp.	100 c.
Thousand Island1 Tbsp.	175 c.

SOUPS AND CONSOMMES

Bean (Navy)1 cup	200 c.
Bouillon1 cup	25 c.
Chicken with Rice1 cup	100 c.
Potato1 cup	275 c.
Tomato (clear)1 cup	50 c.
Vegetable1 cup	100 c.

VEGETABLES

Asparagus (canned)6 stalks	50 c.
Beans (baked)1/2 cup	300 c.
String Beans1 cup	25 c.
Beets (cooked)1/2 cup	45 c.
Cabbage (raw)1 cup	25 c.
Cabbage (cooked)1 cup	25 c.
Carrots (cooked)1/2 cup	35 c.
Carrots (fresh)1 cup	50 c.
Corn (on cob)1 ear	60 c.
Lettuce	1 large head	50 c.
Peas (canned)1/2 cup	55 c.
Potatoes (french fried)	4 pieces	100 c.
Potatoes (mashed)1/2 cup	100 c.
Sweet Potatoes1 small	150 c.
Radishes5	15 c.
Sauerkraut1 cup	40 c.
Spinach1 cup	40 c.
Tomatoes (raw)1	35 c.
Tomatoes (stewed)1/2 cup	65 c.

SUGARS

Beet	1 tsp.	25 c.
Brown	1 tsp.	17 c.
Cane (granulated)	1 tsp.	25 c.
Powdered	1 Tbsp.	35 c.

JUICES

Grape Juice	1/2 cup	70 c.
Grapefruit Juice	1 cup unsweetened.....	100 c.
Orange Juice	1/2 cup	55 c.
Pineapple Juice	1/2 cup	65 c.
Tomato Juice	1/2 cup	25 c.

NUTS

Almonds (salted)	10	100 c.
Cashew	4 to 5	100 c.
Cocoanut (shredded)	3 Tbsp.	100 c.
Peanuts (salted)	18	100 c.
Pecans	12	100 c.
Walnuts	10	100 c.

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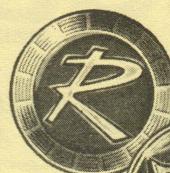
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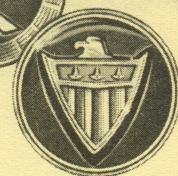
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